Delights

FOR

LADIES,

To adorn their Perſons, Tables, Cloſets and Diſtillatories:

WITH

Beuties, Banquets, Perfumes and Waters.

Read, Practice, and Cenſure,

LONDON.
Printed by *William Dugard.*
1656.

GLASGOW
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To all true Lovers of Art and Knowledg.

SOmtimes I write the forms of burning balls,
Supplying wants that were by wood falls
Somtimes of tub's defended so by Art,(wrought.
As fire, in vain hath their destruction sought.
Somtimes I wright of lasting Beverage,
Great Neptune *and his Pilgrims to content,*
Somtimes of food, sweet, fresh and durable,
To maintain life, when all things elſ were spent.
Somtimes I write of sundry sorts of Soyl.
Which neither Ceres, *nor her Hand-maid knew*
I write to all; but scarcely one believes. (true.
Save Dive *&* Denshire *who have found them*
When heavens did mourn, in cloudy mantles clad
And threatning famine to the sons of men:
when sobbing earth deny'd her kindly fruit,
To painful Plow men and his Hinds; even then.
I write relieving remedies of death,
That Art might help where nature maid a fail.

But all in vain; these new born Babes of Art,
In their untimely birth strait way do quail.
Of those, or such like other new found skils,
With painful Pen I whilom wrote at large;
Expecting still my Countries good therein,
And not respecting Labor, Time, or Charge.
But now, my Pen and Paper are perfum'd,
I scorn to write with Coppress or with Gall:
Barbaria's Canes are now becom my quils:
Rose-water is the Ink I write withall.
Of Sweets, the Sweetest I will now commend,
To sweetest Creatures that the earth doth bear:
These are the Saints to whom I sacrifice
Preserus and Conserus of the Plum and Pear.
Empaling now adieu: tush Marchpane walls
Are strong enough, and best befit our age,
Let piercing Bullets turn to Sugar Balls,
The Spanish fear is hush't and all their rage:
Of Marmelade and paste of Genua
Of Musked Sugar I intend to write,
Of Leach, of Sucket, and Quodinia,
Affording to each Ladie her delight.
I teach both Fruits and Flowers to Preserv,
And Candy them, so Nutmegs, Cloves, and Mace:
To make both Marchpane Paste & sugred Plate,
And cast the same in forms of sweetest grace.
Both Bird and foul so moulded from the life,

And

And after caſt in ſweet compounds of Art,
As if the form and fleſh which nature gave,
Did ſtill remain in everie Limb and Part.
When Cryſtal froſt hath nipt the tender Grape,
And clean conſum'd the Fruits of every Vine,
Yet here behold the cluſters freſh and fair,
Fed from the Branch, or hanging on the Line.
The Wallnut ſmall-Nut, and the Cheſnut ſweet,
Whoſe ſugred Kernels loſe their pleaſant taſte,
Are here from yeer to yeer preſerved meet,
And made by Art, with ſtrongeſt Fruits to laſt.
The Artichoke, and th' Apple of ſuch ſtrength,
The Quince, Pomgranate, with the Barberry,
No Sugar us'd, yet colour, taſte, and ſmell,
Are here maintain'd and kept moſt naturally.
For Ladies Cloſets, and Diſtillatories, (Balls,
Both Waters Ointments, and Sweet Smelling,
In eaſie terms, without affected ſpeech,
I here preſent moſt readie at their calls.
And leſt with cureful Pen I ſhould omit,
The wrongs that nature on their perſons wrought
Or parching Phœbus with his looſer rayes,
For theſe likewiſe relieving means I ſought.
No idle thoughts or vain ſurmiſed skill,
By fancie fram'd within a theorick Brain,
My Muſe preſent's unto your ſacred ears;
To win your favours falſly I diſdain.

From painful practice, from experience,
I ſound, though coſtly, myſteries derive:
With fiery flames in ſcorching Vulcan's *forge,*
To teach and find each Secret I do ſtrive.
Accept them well, and let my wearied Muſe.
Repoſe her ſelf in Ladies lap's a while;
So, when ſhee wake's, ſhee haply may record
Her ſweeteſt Dreams in ſom more pleaſing ſtyle.

H. PLAT.

GOod Reader, for the understanding of this Table, know that a, b, c, d, do give directions unto the four several parts or Treatises of this Book: (a) for the first, the rest in their order.

THE TABLE.

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FINIS.

Y

The Art of Preſerving, Conſerving, Candying, &c.

1. *How to preſerv Eringo roots, Enula Campana, and ſo of others in the ſame manner*

Seeth them till they bee tender, then take away the piths of them, & leav them in a Colander, till they have dropped as much as they will: then having a thin Sirup ready, put them, being cold, into the Sirup being alſo cold, and let them ſtand ſo three daies, then boil the Sirup (adding ſom more freſh Sirup to it, to ſupply that which the roots have drunk up) a little

little higher, and at three daies end, boyl the Sirup again without any new addition, unto the full height of a preſerving Sirup, and put in your roots, and ſo keep them. Roots preſerved in this manner, will eat very tender, becauſ they never boyled in the Sirup.

2 *How to make Musk-Sugar of common Sugar.*

BRuiſ four or ſix grains of Musk, place them in a piece of Sarcenet, fine Lawn or Cambrick doubled: lay this in the bottom of a Gally-pot, ſtrewing your Sugar thereon: ſtop your pot cloſe, and all the Sugar in a few daies will both ſent and taſte of Musk, and you may lay more Sugar thereon, when you have ſpent that Sugar, which will alſo receiv the like impreſſion. Such Musk-Sugar is ſold for two ſhillings the pound.

3 *How to dry Roſe-leavs in a moſt excellent manner.*

WHen you have newly taken out your bread, then put in your Roſesinto a Sive, firſt cliping away the whites, that they may bee all of one colour: lay them about one inch in thickneſs in the Sive; and when they have ſtood half an hour, or thereabout, they will grow whitiſh on the top: let them yet remain without ſtirring, till the uppermoſt of them bee fully dryed: then ſtir them together, and leav them about one another half hour, and if you finde them dry in the top, ſtirr them together again, and ſo continue this work untill they bee thorowly dryed, then put them, hot as they are, into an earthen pot, having a narrow mouth, and being well leaded with in, (The Refiners of Gold and Silver call theſe pots Hookers) ſtop it with Cork and wet Parchment, or with

with Wax and Roſin mixed together, and hang your pot in a Chimney, or neer a continual fire, and ſo they will keep exceeding fair in colour, & moſt delicate in ſent. And if you fear their relenting, take the Roſe leavs about Candlemas, and put them once again into a Sive, ſtirring them up and down often till they bee dry; and then put them up again hot into your pot.

Note, that you muſt ſet up your Oven lid, but not lute it about when you ſet in your Roſe-leavs, either the firſt or ſecond time. *Poſt numero 6.*

4. *A moſt excellent Sirup of Violets, both in taſte and tincture.*

EXpreſs the juice of clipt Violets, and to three parts of juice take one fourth part of Conduit water, put the ſame into an Alablaſter Mortar, with the leavs which you have ſtamped, and wring the ſame out thorow a cloth, as you did at the firſt, into the other juice: put thereto a ſufficient proportion of the fineſt Sugar

gar and brought alſo into a moſt fine powder: let the ſame ſtand ten or twelv hours in a clean glaſed earthen Pan: then drain away the cleareſt, and put it into a glaſs, and put thereto a few drops of the juice of Lemmons and it will becom clear, tranſparent, and of the Violet colour. Then you may preſs more juice into the Sugar, which will ſettle in the bottom with ſom of the thickeſt part of the juice: and beating the ſame upon a gentle fire it will alſo becom a good ſirup of Violets, but not comparable to the firſt. By this manner of work you gain one quarter of ſirup more than divers Apothecaries do.

5. *A ſingular manner of making the Syrup of Roſes.*

FIll a ſilver Baſon three quarters full of Rain-water or Roſe-water; put therein a convenient proportion

of Roſe-leavs: cover the baſon, and ſet it upon a pot of hot water (as wee uſually bake a cuſtard) in three quarters of an hour, or one whole hour at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the Roſe: then take out thoſe leavs, wringing out all the liquor gently, and ſteep more freſh leavs in the ſame water: continue this iteration ſeven times, and then make it up in a ſyrup, and this ſyrup worketh more kindly thē that which is made meerly of the juice of the Roſe. You may make ſundry other ſirups in this manner. *Quere* of hanging a pewter head over the baſon, if the aſcending water will bee worth the keeping.

6. Another way for the drying of Roſe-leavs.

DRy them in the heat of an hot ſunny day uppon a Leads, turning

ning them up and down till they bee dry, (as they do hay) then put them up into glaſſes well ſtopt and luted, keeping your glaſſes in warm places, and thus you may keep all flowers: but herbs after they are dryed in this manner, are beſt kept in paper bags, placing the bags in cloſe cupbards.

7. *How to preſerv whole Roſes Gilliflowers, Marigolds. &c.*

Dip a Roſe that is neither in the bud, not over blown, in a ſirup conſiſting of ſugar double refined, & Roſe-water boyled to his full hight, then open the leavs one by one, with a fine ſmooth bodkin, either of bone or wood, and preſently, if it bee a hot ſunny day, and whileſt the Sun is ſom in good height, lay them on papers in the Sun, or elſ dry them with ſom gentle heat in

a cloſe room, heating the room before you ſet them in, or in an Oven upon papers in pewter diſhes: and then put them up in glaſſes, & keep them in dry Cupboards neer the fire. You muſt take out the ſeeds, if you mean to eat them. You may prove this, preſerving with Sugar-Candy in ſtead of Sugar, if you pleaſ.

8. *The moſt kindly way to Preſerv Plums, Cherries, Gooſberries. &c.*

YOu muſt firſt purchaſe ſom reaſonable quantity of their own juice with a gentle heat upon embers in pewter diſhes, dividing the juice ſtill as it cometh in the ſtewing: then boil each fruit in his own juice, with a convenient proportion of the beſt refined Sugar,

9. How

9. *How to candy Roſe-mary flowers, Roſe-leavs, Marigolds, &c. with preſervation of colour.*

DIſſolv refined or double refined ſugar, or ſugar-candy it ſelf, in a little Roſe-water, boil it to a reſonable height, put in your roots or flowers when your ſirup is either fully cold, or almoſt cold, let them reſt therein till the ſirup have piereed them ſufficiently, then take out your flowers with a Skimmer, ſuffering the looſ ſirup to run from them ſo long as it will, boyl that ſirup a little more, and put in more flower, as before, divide them alſo, then boyl all the ſirup which remaineth, and is not drunk up in the flowers, to the height of *Manus Chriſti*, putting in more ſugar if you ſee cauſ, but no more Roſe-water; put your flowers therein when your ſirup is cold, or almoſt cold, and let them ſtand till they candy.

10. *A moſt delicate and ſtiff ſugar-paſte, whereof to caſt Rabbets, Pigeons, or any other little bird or beaſt, either from the life, or carv'd molds.*

FIrſt, diſſolv Iſinglaſs in fair water, or with ſom Roſe water in the latter end, then beat blanched Almonds, as you would for Marchpane ſtuff, and draw the ſame with cream and Roſe-water (milk will ſerv, but cream is more delicate) then put therein ſom powdred ſugar, into which you may diſſolv your Iſinglaſs, being firſt made into gelly, in fair warm water (note, the more Iſinglaſs you put therein, the ſtiffer your work will prove), then having your Rabbets, Woodcocks, &c. moulded either in plaiſter from life, or elſ carved in wood (firſt annointing your wooden moulds with oyl of ſweet Almonds, and your plaiſter or ſtone moulds with Barrowes greaſ) pour your ſugar paſte thereon.

A

A quart of Cream, a quartern of Almonds, two ounces of Iſinglaſs, and four or ſix ounces of Sugar is a reaſonable good proportion for this ſtuff. *Quere* of moulding your Birds, Rabbets, &c. in the compound Wax, mentioned in my *Jewel Houſ*, in the title of the *Art of Moulding and Caſting*, page 60. for ſo your Mould, will laſt long.

You may dredg over your Fowl with crums of bread, Cinnamon and Sugar boyled together, and ſo they will ſeem as if they were roaſted and breaded. Leach and Gelly may bee caſt in this manner.

This Paſte you may alſo drive with a fine rowling Pin, as ſmooth and as thin as you pleaſ. It laſteth not long, and therefore it muſt bee eaten with in a few daies after the making thereof. By this means a Banquet may be preſented in the form of a Supper being a very rare and ſtrange device.

11. *To candy Marigolds, Roſes, Borrage, or Roſe-mary Flowers.*

BOyl Sugar and Roſe-water a little upon a chaffindiſh with coals: then put the Flowers (being thorowly dryed, either by the Sun, or on the fire) into the Sugar, and boil them a little. then ſtrew the powder of double refined ſugar upon them, & turn them, and let them boil a little longer, taking the diſh from the fire, then ſtrew more powdered Sugar on the contrary ſide of the Flowers. Theſe will dry themſelvs in two or 3 hours in a hot ſunny day, though they ly not in the Sun.

12. *To make an excellent Marchpane Paſte to print of in Moulds for Banqueting Diſhes.*

TAke to every Jordan Almond blancheed, three ſpoonfuls of the

the whiteſt refined Sugar you can get, ſearce your ſugar; and now and then, as you ſee cauſ, put in two or three drops of Dammask Roſe-water, beat the ſame in a ſmooth ſtone Mortar, with great labour untill you have brought it into a dry ſtiff paſte, one quartern of ſugar is ſufficient to work at once.

Make your paſte in little bals, every ball containing ſo much by eſtimation as will cover your mould or print, then rowl the ſame with a rowling pin upon a ſheet of clean paper, without ſtrewing any powdered Sugar either upon your paſte or paper.

There is a Country Gentlewoman, whom I could name, which venteth great ſtore of Sugar Cakes made of this compoſition. But the only fault which I finde in this paſte, is, that it taſteth too much of the ſugar, and too little of the Almonds: and therefore you may prove the making thereof by ſuch Almonds

which have had ſom part of their oil taken from them by expreſſion, before you incorporate them with the Sugar, and ſo haply you may mix a greater quantitie of them with the Sugar, becauſ they are not ſo oily as the other.

You may mix Cinnamon or Ginger in your paſte, and that will both grace the taſte, and alter the colour; but the ſpice muſt paſs through a fair Searce. You may ſteep your Almonds in cold water all night, and ſo blanch them cold: And being blanched, dry them in a Sive over the fire, Here the garble of Almonds will make a cheap paſte.

13. *The making of Sugar Plate, and Caſting thereof in Carved Moulds.*

TAke one pound of the whiteſt refined, or double refined Sugar, if you can get it; put thereto three ounces (ſom Comfit-makers put

put ſix ounces for more gain) of the beſt Starch you can buy; and if you dry the Sugar after it is powdered, it will the ſooner paſs thorow your Lawn Searce. Then Searce it, and lay the ſame on a heap in the midſt of a ſheet of clean paper, in the middle of which maſs put a pretty lump of the bigneſs of a Walnut of Gum Dragagant, firſt ſteeped in Roſe-water one night: a Porrenger full of Roſe-water is ſufficient to diſſolv an ounce of Gum (which muſt firſt bee well picked, leaving out the droſs,) remember to ſtrain the Gum through a Canvaſs: then having mixed ſom of the white of an Egg with your ſtrained Gum, temper it with the Sugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the Gum together into a ſtiff Paſte, and in the tempering, let there bee alwaies ſom of the Sugar between your fingers and the Gum, then duſt your

your wooden moulds a little with ſom of that powdered Sugar thorow a piece of Lawn, or fine linnen cloth and having driven out with your rowling pin a ſufficient portion of your paſte to a convenient thickneſs, cover your mould therewith, preſſing the ſame down into every hollow part of your mould with your fingers: and when it hath taken the whole impreſſion, knock the mould on the edg againſt a table, and the paſte will iſſue forth with the impreſſion of the mould upon it: or, if the mould bee deep cut, you may put the point of your knife gently into the deepeſt parts here and there, lifting up by little and little the paſte out of the mould.

And if in making of this paſte you happen to put in too much gum you may put more ſugar thereto; and if too much ſugar, then more gum; you muſt alſo work this paſte into your moulds as ſpeedily as you can

can after it is once made, and before it harden ; and it grow ſo hard that it crack, mix more gum therewith ; cut away with your knife from the edges of your paſte, all thoſe pieces which have no part of the work upon them, and work them up with the paſte which remaineth ; and if you will make ſawcers, diſhes bowls, &c. then (having firſt driven your paſte upon paper, firſt duſted over with ſugar, to a convenient largeneſs and thickneſs) put the paſte into ſom Sawcer, Diſh, or Bowl, of a good faſhion, and with your finger preſs it gently down to the inſides thereof, till it reſemble the ſhape of a diſh ; then pare away the edges with a knife even with the skirt of your Diſh or Sawcer, and ſet it againſt the fire, till it bee dry on the inſide, then with a knife get it out, as they uſe to do a Diſh of Butter, and dry the back-ſide : then gild it on the edg with the white of and egg laid round

about

about the brim of the diſh with a pencil, and preſs the gold down with ſom Cotten: and when it is dry, skew or bruſh off the gold with the foot of an Hare or Cony. And if you would have your Paſte exceeding ſmooth, as to make Cards, and ſuch like conceits thereof, then roul your Paſte upon ſlicked paper with a ſmooth & poliſhed rouling pin.

14. *A way to make Sugar plate both of colour and taſte of anie flower.*

BEat Violets in a Mortar with a little hard Sugar, then put into it a ſufficient quantitie of roſe-water; then lay your Gum in ſteep, in the water, and ſo work it into Paſte, and ſo will your paſte bee both of the colour, and ſmell of the Violet. In like ſort may you work with Marigolds, Cowſlips, Primroſes, Bugloſs, or any other Flower.

15. *To*

15. *To make Paſte of Novie.*

OF Valentian Almonds, otherwiſe called the ſmall Almonds, take a quarter of a pound, or Barbary Almonds, and beat them in a Mortar till they com to Paſte: then take ſtale Manchet being grated, and dry it before the fire in a diſh, then ſift it, then beat it with your Almonds: put, in the beating of it, a little Cinnamon, Ginger, and the juice of a Lemmon: And when it is beaten to perfect paſte, print it with your Moulds, and ſo dry it in an Oven after you have drawn your bread. This Paſte will laſt all the yeer.

16. *To make Jumbols.*

OF Almonds being beaten to paſte take half a pound, with a ſhort Cake being grated, and two Eggs, two ounces of Carroway ſeeds, being beaten

beaten, and the juice of a Lemmon: and being brought into paſte, roul it into round ſtrings: then caſt it into knots, and ſo bake it in an Oven: and when they are baked, Ice them with Roſe-water and Sugar, and the white of an egg being beaten together, then take a feather and gild them, then put them again into the Oven, and let them ſtand in a little while, and they will bee iced clean over with a white ice; and ſo box them up, and you may keep them all the yeer.

17. *To make a paſte to keep moiſt if you liſt not to drink oft, which Ladies uſe to carry with them when they ride abroad.*

OF Dammask Prunes take half a pound, and a quartern of Dates, ſtone them both and beat them in a Mortar with one Warden being roaſted, or elſe a ſlice of old Marmelade

lade, and ſo print it in your moulds. & dry it after you have drawn bread: put Ginger unto it, and you may ſerv it in a Banquet.

18. *To make a Marchpane.*

OF Almonds (being blanched and dryed in a Sive over the fire) take two pound: beat them in a ſtone Mortar: and when they bee ſmall, mix them with two pound of Sugar being finely beaten, adding two or three ſpoonfuls of Roſe-water, and that will keep your Almonds from oyling. When your paſte is beaten fine, drive it thin with a rowling pin, and ſo lay it in a bottom of Wafers: then raiſ up a little edg on the ſide, and ſo bake it; then ice it with Roſe-water and Sugar: then put it into the Oven again; and when you ſee your ice is riſen up and dry, then take it out of the Oven, and garniſh it with

with pretty conceits, as Birds and Beaſts, beeing caſt out of ſtanding Moulds. Stick long Comfits upright in it: caſt Biskets and Carrowaies in it, and ſo ſerv it; gild it before you ſerv it. You may alſo print off this Marchpane paſte in your Moulds for banqueting diſhes: And of this Paſte our Comfit-makers at this day make their Letters, Knots, Marks, Eſcutcheons, Beaſts, Birds, and other fancies.

19. *To make Bisket-bread, otherwiſe called French Bisket.*

OF fine flower take half a peck, two ounces of Coriander ſeeds, one ounce of Anniſeeds, the whites of four Eggs, half a pint of Ale-yeſt, and as much water as will make it up into ſtiff paſte; your water muſt bee but blood warm, then bake it in a long roul as big as your thigh: let it it ſtay in the Oven but one hour, and when it is a day old pare it, and ſlice it

it overthwart, then Sugar it over with fine powdred Sugar, and so dry it in an Oven again; and being dry, take it out, and Sugar it again, then box it and you may keep it all the yeer.

20. *To make Prince Bisket.*

OF very fine Flower take one pound, and one pound of fine Sugar, and eight Eggs and two spoonfuls of Rose-water, and one ounce of Carroway-seeds; and beat it all to Batter one whole hour, for the more you beat it, the better your bread is, then bake it in Coffins of white plate, being basted with a litle butter before you put in your Batter, and so keep it.

21. *To make another kind of Biskit, called Biskettello.*

TAke half an ounce of Gum Dragagant, dissolved in Rose-water

Roſe water with the juice of a Lemmon, and two grains of Musk: then ſtrain it thorow a fair linnen cloth with the white of an egg: then take half a pound of fine Sugar being beaten and one ounce of Caroway-ſeeds, beeing alſo beaten and ſearced: and then beat them alltogether in a Mortar till they com to paſte; then roul them up in ſmall loavs about the bigneſs of a ſmall egg, put under the bottom of every one a piece of a wafer, and ſo bake them in an Oven upon a ſheet of paper: cut them on the ſide as you do a Manchet, and prick them in the middeſt: when you break them up, they will bee hollow and full of eies.

22. *To make Ginger-bread.*

GRate three ſtale Manchets, and dry them, and ſift them, thorow a fine Sive: then add unto

unto them one ounce of iGnger, being beaten, and as much Cinnamon, one ounce of Liquorice and Anniſeeds beaten together, and ſearced half a pound of Sugar, then boil all theſe together in a Poſnet, with a quart of Claret Wine, till they com to a ſtiff Paſte, with often ſtirring of it, and when it is ſtiff, mould it on a table, and ſo drive it thin, and put it into your mould duſt your moulds with Cinnamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread uſed at the Court, and in all Gentlemens houſes at Feſtival times. It is otherwiſe called dry Leach.

25. *To make dry Ginger-bread*

OF Almonds take half a pound, and as much grated Cake and a pound of fine Sugar, and the yolks of two new laid Eggs, the juice of a Lemmon

Lemmon, and two grains of Muſk, beat all theſe together till they com to a paſte: then print it with your moulds, and ſo dry it upon papers in an oven after your bread is drawn.

24. *To make puff-paſte.*

TAke a quart of the fineſt flower, and the whites of three eggs, and the yolks of two, and a little cold water, and ſo make it into perfect paſte: then drive it with a rowling pin abroad, then put on ſmall pieces of butter, as big as nuts, upon it: then fold it over; then drive it abroad again, then put ſmall pieces of butter upon it as you did before, do this 10 times alwaies folding the paſte, and putting butter between every fold.

You may convey any pretty forced diſh, as Florentine, Cherry-tart, Rice, or Pippins, &c. between two ſheers of that paſte.

25. *To*

25. *To make paſte ſhort without butter.*

OF fine flower take a quart, and put it into a pipkin, and bake it in an oven when you bake Manchet; then take the yolks of two or three egs, and a pint of Cream, and make paſte, put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſuet In like ſort, when you make ſugar cakes. bake your flower firſt.

26. *To make cryſtal gelly.*

TAke a knuckle of Veal, and two Calves feet (your Calves feet beeing flayed and ſcalded) and boyl them in fair ſpring water; and when they are boyled, ready to eat, you may ſave your fleſh, and not boyl it to pieces; for if you do ſo, the gelly will look thick: then take a quart of the cleareſt of

of the same broth, and put it into a Posnet, adding thereunto Ginger, white Pepper, six whole Cloves, one Nutmeg quartered, one grain of Musk; put all these whole spices in a little bagg, and boyl them in your gelly; season it with four ounces of Sugar-Candy, and three spoonfuls of Rose-water; so let it run thorow your gelly-bagg; and if you mean to have it look of an amber colour, bruis your spices, and let them boil in your gelly loos.

27. *To make Leach of Almonds.*

OF sweet Almonds take half a pound and beat them in a Mortar, then strain them with a pint of sweet milk from the Cow, then put to it one grain of Musk, two spoonfuls of Rose water, two ounces of fine Sugar, the weight of 3 whole shillings of Isinglass that is verie white, and

and so boyl them: then let all run through a strainer, then you may slice the same, and so serv it.

28. *To make Quodinia of Quinces.*

TAke the kernels out of eight great Quinces, and boyl them in a quart of spring water till it com to a pint; then put into it a quarter of a pint of Rose-water, and one pound of fine Sugar, and so let it boil till you see it com to bee of a deep colour; then take a drop, and drop it on the bottom of a Sawcer, and if it stand, take it off, then let it run through a Gelly-bagg into a Bason: then set on your Bason upon a Chaffindish of coals to keep it warm: then take a spoon, and fill your boxes as full as you pleas, and when they bee cold, cover them, and if you pleas to print it in Moulds, you must have Moulds made to the bigness of your box, and wet your Moulds with Rose-water, and so let

it run into your Mould, and when it is cold, turn it of into your boxes. If you wet your Moulds with water, your gelly will fall out of them.

2. *To make Gelly of Strawberries, Mulberries, Raspis-berries, or any such tender Fruit.*

TAke your Berries, and grind them in an Alablaster Morrar with four ounces of Sugar, & a quarter of a pint of fair water, and as much Rose-water, and so boil it in a Posnet with a little piece of Isinglass, and let it run through a fine cloth into your Boxes, & so you may keep it all the yeer.

30. *To make paste of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in slices, and bake them

them in an Oven dry in an earthen pot, without any other juice then their own, thē take one pound thereof, strain it, and put it into a stone Mortar with half a pound of Sugar, and when you have beaten it up to paste, print it in your moulds, and dry it three or four times in an Oven after you have drawn bread, and when it is thorowly dry and hardned you may box it, and it will keep all the yeer.

31. *To make Marmelade of Quinces, or Damsons.*

WHen you have boyled your Quinces or Damsons sufficiently, strain them; then dry the pulp in a pan on the fire, and when you see there is no water in it, but that it beginneth to bee stiff, then mix two pound of Sugar with three pound of pulp. This Marmelade will bee white Marmelade. And if you desire to have it look with

an high colour: put your Sugar and Pulp together so soon as your Pulp is drawn, and let them both boyl together, and so it will look of the colour of ordinarie Marmelade, like unto a stewed Warden, but if you dry your Pulp first, it will look white, and take less Sugar, and you shall know when it is thick enough by putting a little into a Sawcer, letting it cool before you box it.

32. *To make Sucket of Lettuce stalks.*

TAke Lettuce stalks, and pill away the outsides; then Par-boyl them in fair water: then let them stand all night dry, then take half a pint of the same liquor, and a quarter of a pint of Rose-water & so boil it to Sirup: and when your Sirup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your Sirup to make them take sugar, & then the next day your sirup

Sirup will bee weak again: then boil it again, and take out your roots. In the like ſort you may keep Orenge pils, or green walnuts, or any thing that hath the bitterneſs firſt taken from it by boyling in water.

33. *To Candy Nutmegs or Ginger, with an hard rock Candy.*

OF fine Sugar take one pound, and eight ſpoonfuls of Roſe-water, and the weight of ſix-pence of Gum-arabeck that is clear, boyl them together to ſuch an height, as that dropping ſom there-of out of a ſpoon, the Sirup do rope and run into the ſmalneſs of an hair: then put it into an earthen Pipkin, wherein place your Nut-Megs, Ginger, or ſuch like: then ſtop it cloſe with a Sawcer, and lute it well with clay, that no aër may enter: then keep it in an hot place three weeks and it will candy hard.

you muſt break your pot with an hammer, for otherwiſe you cannot get out your candie. You may alſo candie Orenges or Lemmons in like ſort, if you pleaſ.

34 *To preſerv Orenges after the Portugall faſhion.*

TAke Orenges, and core them on the ſide, and lay them in water, then boil them in fair water till they bee tender; ſhift them in the boiling to take away their bitterneſs, then take Sugar, and boil it to the height of Sirup, as much as will cover them, and ſo put your Orenges into it, and that will make them take Sugar. If you have 24 Orenges, beat eight of them till they com to paſte, with a pound of fine Sugar, then fill every of the other Orenges with the ſame, and ſo boil them again in your ſyrup, then there will bee ſirup of Orenges within your Orenges, and it will cut like an hard Egg.

35. *To*

35. *To candy Orenge pils.*

TAke your Orenge pils after they bee preserved, thē take fine sugar and Rose-water, and boil it to the height of *Manus Christi*, then draw thorow your Sugar, then lay them on the bottom of a Sive, and dry them in an Oven after you have drawn bread, and they will bee candied.

36. *To preserv Cucumbers all the yeer.*

YOu may take a gallon of fair water, and a pottle of Verjuice, and a pint of bay-salt, and an handful of green Fennel or Dill: boyl it a little, and when it is cold, put it into a barrel, and then put your Cucumbers into that pickle, and you shall keep them all the yeer.

37. *To preſerv Broom-Capers all the yeer.*

BOyl a quart of Verjuice, and an handful of Bay-ſalt, and therein you may keep them all the yeer.

38. *To colour Sugar-plate with ſeveral colours.*

YOu may mix Roſes with your fine ſearced Sugar untill the colour pleaſ you, and ſo ſhall you have a fair murry colour. Sap-green muſt bee tempered in a little Roſe-water, having ſom Gum firſt diſſolved therein and ſo lay it on with a pencil upon your paſte in apt places: With Saffron you may make a yellow colour in the like manner, firſt drying and powdering your Saffron; and after it hath coloured the Roſe-water ſufficiently, by ſtraining it through the Linnen. The powder of Cinnamon maketh a wallnut colour,

and

and Ginger and Cinnamon together a lighter colour.

39. *To make Trosses for the Sea.*

FIRST make Paste of Sugar and Gum-dragagant mixed together, then mix therewith a resonable quantity of the powder of Cinnamon and Ginger; and if you pleas a little Musk also, and make it up into touls of several fashions, gilding them here and there. In the same manner you may also convey anie purgative vomit, or other Medicine into your sugar-Paste.

40. *To make Paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.*

SHred, or rather powder the drie leavs of your Flower, putting thereunto som fine powder of Ginger and Cinnamon, and a little Musk, if you pleas, mix them all con-

confuſedly together, then diſſolv ſom ſugar in Roſe-water, and being boiled a little, put ſom Saffron therein if you work upon Marigolds, or elſ you may leav out your Saffron: boil it on the fire unto a ſufficient height. You muſt alſo mix therewith the pap of a roaſted apple, being firſt well dryed in a diſh over a chaffindiſh of coals; then pour it upon a trencher, being firſt ſprinkled over with Roſe-water, and with a knife work the paſte together. Then break ſom Sugar-candie ſmall, but not to powder, and with Gum Dragagant faſten it here and there, to make it ſeem as if it were roch Candied: cut the paſte into pieces of what faſhion you liſt, with a knife firſt wet in Roſe water. In Liquorice paſte you muſt leav out the pap of the Pippin, and then work your paſte into dry roules. Remember to ſearce the Liquorice thorow a fine ſearce. Theſe roules

are

are very good against cough or cold.

41. *To make Marmelade of Lemmons or Orenges.*

BOyl ten Lemmons or Orenges, with half a dozen Pippins, and so draw them thorow a strainer: then take so much sugar as the pulp doth weigh, and boyl it as you do Marmelade of Quinces, and then box it up.

42. *How to candy Nutmegs, Ginger, Mace, and flowers in half a day without or Roch candy.*

LAy your Nutmegs in steep in common lee made with ordinary ashes, twenty four hours; take them out, and boil them in fair water till they bee render, and so take out the lee, then dry them, and make a sirup of double refined Sugar, and a little Rose-water, to the height

of

of a *Manus Chriſti*: place this Sirup in a gentle balneo, or ſom ſmall heat, putting your Nutmegs into the Syrup. Note that you muſt skum the Sugar as it caſteth any skum, before you put in your Nutmegs; then having Sugar-Candy firſt bruiſed groſly, and ſearced through Kolanders of ſeveral bigneſs, take the ſmalleſt thereof, and roul your Nutmegs up and down therein, either in a diſh, or upon clean paper: then ſtove your Nutmegs in a Cupboard with a Chaffindiſh of coals, which muſt bee made hot of purpoſe, before you ſet them in, and when they are dry enough, dip them again in freſh Sirup boyled to his height, as before, and roul them in the groſſer Sugar-candy, and then ſtove them again till they bee hard, and ſo the third time, if you will increaſe their Candy. Note, that you muſt ſpend all the Sugar which you diſſolv at one time with Candying of one thing or other

therein presently, The stronger that your Lee is, the better; and the Nutmeg, Ginger, &c. will ly in steep in the Lee ten or twelv dayes, and after in the Syrup of Sugar in a Stove or Cupboard, with a Chaffindish and coals one whole week, and then you may Candy them suddenly, as before. Flowers & Fruits are don presently, without any such steeping or stoving, as before: onely they must bee put into the stove after they are coared, with your powdered Sugar-Candy. And those Flowers or Fruits, as they are suddenly don, so they will not last above two or three daies fair; and therefore onely to bee prepared for som set Banquet.

34. *Casting of Sugar in party Moulds of Wood.*

LAY your moulds in fair water three or four hours before you

you cast, then dry up your inward moisture with a cloth of linnen, then boyl Rose water and refined sugar together, but not to any great stiffness, then pour it into your moulds, let your moulds stand one hour, and then gently part or open the moulds, and take out that which you have cast. You may also work the paste *sicut ante numero* 12. 13. into these moulds, first printing or pressing gently a little of the paste into the one half, and after with a knife, taking away the superfluous edges, and so likewise of the other half: then press both sides of the mould together two or three times, and after take away the crest that will arise in the midsts. And to make the sides to cleav together, you may touch them first over with Gum dragagant dissolved before you press the sides of the mould together. Note, that you may convey Comfits within, before you close the sides. You may cast of any of these mixtures or

pastes

pastes in Iablaster moulds, moulded from the life.

44. *To mould off a Lemmon, Orenge, Pear, Nut, &c. and after to cast it hollow within of Sugar.*

Fill a wooden platter half full of sand, then press down a Lemmon, Pear, &c. therein, to the just half thereof: then temper som burnt Alablaster with fair water, in a Stone or Copper dish of the bigness of a great Silver boul, and cast this pap in your sand, and from thence clap it upon the Lemmon, Pear, &c. pressing the pap close unto it. Then after a while take out this half part with the Lemmon in it, and pare it even in the insides, as neer as you can, to make it resemble the just half of your Lemmon, then make two or three little holes in the half (viz in the ledges thereof) laying it down in the sand again, and so cast

caſt another half unto it, then cut off a piece of the top of both your party Moulds, and caſt thereto another cap, in like manner as you did before. Keep theſe three parts bound together with tape, till you have cauſ to uſe them; and before you caſt, lay them alwaies in water and dry up the water again before you pour in the Sugar. Colour your Lemmon with a little Saffron ſteeped in Roſe-water. Uſe your Sugar in this manner; Boyl refined, or rather double refined Sugar and Roſe-water to his full height *viz.* till by pouring ſom out of a ſpoon, it will run at the laſt as fine as a hair; then taking off the cap of your Mould, pour the ſame therein, filling up the mould above the hole, and preſently clap on the cap, and preſs it down up on the Sugar; then ſwing it up and down in your hand, turning it round, and bringing the neather part ſomtimes to bee the upper part in the turning, and *è converſo*. This

is the manner of using an Orenge, Lemmon or other round Mould. but if it bee long, as a Pigs foot will bee, being moulded, then roul it and turn it up and down long waies in the aër.

45. *How to keep the dry Pulp of Cherries, Prunes, Damsons, &c. all the yeer.*

YOu may take of those kinde of Cherries that are sharp in taste, (*Quære* if the common black and red Cherrie will not also serv, having in the end of a decoction a little oyl of Vitriol, or Sulphur, or som Verjuice of sower Grapes, or juice of Lemmons mixed therewith, to give a sufficient tartness :) pull off their stalks, and boyl them by themselvs without the addition of any liquor, in a Caldron or Pipkin ; and when they begin once to boyl in their own

own juice, ſtir them hard at the bottom with a ſpattle, leaſt they burn to the pan's bottom. They have boiled ſufficiently when they have caſt off all their skins, and that the Pulp and ſubſtance of the Cherries is grown to a thick pap, then take it off from the fire, and let it cool, then divide the ſtones and skins by paſſing the pulp only thorow the bottom of a ſtrainer reſerved, as they uſe in *Caſsia Fiſtula*, then take this pulp and ſpread it thin upon glazed ſtones or diſhes, and ſo let it drie in the Sun, or elſ in an Oven preſently after you have drawn your bread: then loſe it from the ſtone or diſh, and keep it to provoke the appetite and to cool the ſtomack in Fevers, and all other hot diſeaſes. Prove the ſame in all manner of fruit. If you fear aduſtion in this work, you may finiſh it in hot balneo.

46. *How to dry all manner of Plums or Cherries in the Sun.*

IF it be small fruit, you must dry them whole, by laying them abroad in the hot Sun, in Stone or Pewter dishes, on Irons or Brass pans, turning them as you shall see caus. But if the Plums bee of any largeness, slit each Plum on the one side, from the top to the bottom, and then lay them abroad in the Sun: but if they bee of the biggest sort, then give everie Plum a slit on each side; and if the Sun do not shine sufficiently during the practice, then dry them in an Oven that is temperately warm.

47 *How to keep Apples, Pears, Quinces, Wardens, &c. all the yeer dry.*

PAre them, take out the coars, and slice them in thin slices, laying

laying them to dry in the Sun, in ſom ſtone or Metalline diſhes, or upon a high frame covered with courſ Canvaſs, now and then turning them; and ſo they will keep all the yeer.

48. *To make green Ginger upon Sirup.*

OF Ginger take one pound, pare it clean, ſteep it in red Wine and Vinegar equally mixed, let it ſtand ſo twelv daies in a cloſe veſſel, and every day once or twice ſtirr it up and down, then take of wine one gallon, and of vinegar a pottle; ſeeth all togethet to the conſumption of a moity or half: then take a pottle of clean clarified Hony, or more, and put thereunto, and let them boyl well together; then take half an ounce of Saffron finely beaten, and put it there to, with ſom Sugar, if you pleaſ.

49. *To make Sucket of green Walnuts.*

TAke Wallnuts when they are no bigger then the largeſt Haſell nuts; pare away the uppermoſt green, but not too deep; then ſeeth them in a pottle of water till the water be ſodden away: then take ſo much more of freſh water; and when it is ſodden to the half, put thereto a quart of Vinegar, and a pottle of clarified Hony.

50. *To make Conſerv of Prunes or Damſons.*

TAke ripe Damſons: put them into ſcalding water: let them ſtand a while: then boil them over the fire till they break, then ſtrain out the water through a Colander, and let them ſtand therein to cool, then ſtrain the damſons through the Colander, taking away the ſtones and

and skins, then ſet the Pulp over the fire again, and put thereto a good quantitie of red wine; and boyl them well to a ſtiffneſs, ever ſtirring them up and down; and when they bee almoſt ſufficiently boiled, put in a convenient proportion of Sugar: ſtir all well together, and after put it in your gally pots.

§1. *To make Conſerv of Strawberries.*

Firſt ſeeth them in water, and then caſt away the water, and ſtrain them, then boil them in white-wine and work as before in Damſons, or elſ ſtrain them, being ripe: then boil them in wine and ſugar till they bee ſtiff.

§2. *Conſerv of Prunes or Damſons made another way.*

Of Damſons take a pottle, prick them, and put them into a pot

putting

putting thereto a pint of Rose water or Wine, and cover your pot: let them boil well; then incorporate them by stirring: and when they bee tender, let them cool, and strain them with the liquor also; then take the pulp and set it over the fire, and put thereto a sufficient quantity of Sugar, and boyl them to their height or consistency, and put it up in gally pots or jarglasses.

53 *How to candy Ginger, Nutmegs, or anie Roots or Flowers.*

OF the best refined Sugar take a quarter of a pound, or Sugar-Candy which you can get; powder it, put thereto two spoonfuls of Rose-water; dip therein your Nutmegs, Ginger, Roots, &c. being first sodden in fair water till they bee soft and tender: the oftner you dip them in your Syrup, the thicker the Candy will bee, but

but it will bee no longer in candying your Sirup must bee of such fineness, as that a drop thereof being let fall upon a pewter dish, may congeal and harden being cold. You must make your Syrup upon a Chafingdish of coals, keeping a gentle fire. After your sirup is once at this full height, then put them upon papers presently in a Stove, or in dishes, continue them som ten or twelv daies, till you finde the Candy hard and glittering like Diamonds. You must dip the red Rose, the Gillyflower, the Marigold, the Borage-flower, and all other flowers but once.

54. *The Art of Comfit making teaching how to cover all kinds of Seeds, Fruits, or Spices with Sugar.*

First of all you must have a deep bottomed Bason of fine clean Brass or Latten, with two ears of Iron to hang it with two several cord,

cords over a bason or earthen Pan with hot coals.

You must also have a broad Pan to put ashes in, and hot coals upon them.

You must have a clean Latten Bason to melt you Sugar in, or a fair brazen skellet.

You must also have a fine brazen ladle to let run the Sugar up on the Seeds.

You must also have a fine brazen slice to scrape away the Sugar from the hanging Bason, if need require.

Having all these necessary Vessels and Instruments; work as followeth.

Chuse the whitest, finest, and hardest Sugar, and then you need not to clarifie it, but beat it onely into fine powder, that it may dissolve the sooner.

But first make all your seeds very clean, and dry them in your hanging Bason.

Take for every two pound of Sugar, a quarter of a pound of Anniseeds, or Coriander seeds, and your Comfits will bee great enough: and if you will make them greater, take half a pound more of Sugar, or one pound more, and then they will bee fair and large.

And half a pound of Anniseeds with two pound of sugar will make fine small Comfits.

You may also take a quarter and a half of Anniseeds, and three pound of Sugar; or half a pound of Anniseeds, and four pound of sugar. Do the like in Coriander-seeds.

Melt your sugar in this manner viz. Put three pound of your powder Sugar into the bason, and one pint of clean-running water thereunto; stirr it well with a brazen slice, untill all bee moist and well wet: then set it over the fire, without smoak or flame, and melt it well, that there bee no whole grisli-

gristy sugar in the bottom, and let it seeth mildly untill it will stream from the ladle, like Turpentine with a long stream, and not drop: when it is com to his decoction, let it seeth no more, but keep it upon hot embers, that it may run from the ladle upon the seeds.

To make them speedily, let your water bee seething hot, or seething, and put powder of sugar to them: cast on your sugar boyling hot, have a good warm fire under the hanging bason.

Take as much water to your sugar as will dissolv the same.

Never skim your sugar if it bee clean and fine.

Put no kinde of Starch or Amylum to your sugar.

Seeth not your Sugar too long: for that will make it black, yellow, or tawny.

Move the seeds in the hanging bason as fast as your can or may;

when the Sugar is in casting,

At the first coat put on but one half spoonful with the ladle, and also move the Bason, move, stirr, and rub the seeds with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coat.

Do this at every coat, not onely in moving the Bason, but also with the stirring of the Comfits with the left hand, and drying the same, thus doing you shall make good speed in the making: for, in every three hours you may make three pound of Comfits.

And as the Comfits do increas in greatness, so you may take more Sugar in your Ladle to cast on. But for plain Comfits, let your Sugar bee of a light decoction last, and of a higher decoction first, and not too hot.

For crisp and ragged Comfits, make your Sugar of an high decoction, even as high as it may run

from

from the ladle ; and let it fall a foot high or more from the ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits bee. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggedness long. This high decoction must serv for eight or ten coats in the end of the work, and put on at every time but one spoonful, and have a light hand with your Bason, casting on but little Sugar.

A quarter of a pound of Coriander seeds, and three pound of Sugar, will make great, huge, and big Comfits.

See that you keep your Sugar alwaies in good temper in the Bason, that it burn not into lumps or gobbets : and if your Sugar bee at any time too high boyled, put in a spoonful or two of water, and keep it warily with the ladle and let your fire alwaies

bee without ſmoak or flame.

Som commend a ladle that hath a hole in it, to let the ſugar run thorow of an height: but you may make your Comfits in their perfect form and ſhape onely with a plain ladle.

When your Comfits bee made, ſet your diſhes with your Comfits upon papers in them before the heat of the fire, or in the hot Sun, or in an Oven after the bread is drawn, by the ſpace of an hour or two, and this will make them to bee very white.

Take a quarter of a pound of Anniſeeds, and two pound of ſugar, and this proportion will make them very great: and even a like quantity take of Carroway-ſeed, Fennel-ſeed, and Coriander-ſeed.

Take of the fineſt Cinnamon, and cut into pretty ſmall ſticks, beeing dry, and beware you wet it not: for that deadeth the Cinnamon:

mon: and then work as in other Comfits. Do this with Orenge rindes likewise.

Work upon Ginger, Cloves, and Almonds as upon other seeds.

The smaller that Anniseed Comfits bee, the faiter, the harder, and so in all other.

Take the powder of Cinnamon, two drams; of fine Musk dissolved in a little water, one scruple: mingle all these together in the hanging bason, and cast them upon sugar of a good decoction. Then, with thy left hand, move it to and fro, and dry it well: do this often, untill they bee as great as Poppy seeds, and give in the end three or four coats of a light decoction, that they may bee round and plain, and with an high decoction you may make them crisp.

You must have a court search made for the purpose with hair, or with Parchment full of holes, to

part and divide the Comfit into several sorts.

To make paste for Comfits, Take fine grated bread four ounces, fine elect Cinnamon powdered half an ounce, of fine Ginger powder one dram, Saffron-powder a little, white Sugar two ounces, and a few spoonfuls of Borage-water, seeth the water and the Sugar together, and put to the Saffron; the first mingle the crums of bread and the Spices well together, dry them, put the liquor scalding hot upon the Stuff, and being hot, labour it with thy hand, and make balls and other forms thereof, dry them and cover them as Comfits.

Coriander-seeds two ounces, Sugar one pound and a half, maketh very fair Comfits.

Anniseeds three ounces, Sugar half a pound; of Anniseeds two ounces, and Sugar six ounces, will make fair Comfits.

Every dram of fine Cinnamon will

will take at the least a pound of Sugar for Biskets, and likewise of Sugar or Ginger-powder.

Half an ounce of gross Cinnamon will make almost three drams of fine powder searced, after it is well beaten.

Sugar-powder one ounce, will take at the least a pound of Sugar to make your Bisket fair.

Carrowaies will bee fair at twelv coats.

Put into the Sugar a little Amylum dissolved, for five or six of the last coats, and that will make them exceeding crisp. and if you put too much Amylum or Starch to the Comfits which you would have crisp, it will make them flat and smooth.

In any other confection of pasted Sugar mixed with Gum-dragagant, put no kinde of Amylum; beware of it, for it will make the work clammy.

To makered Comfits, seeth three

or four ounces of brazel with a little water; take of this red water four spoonfuls, of sugar one ounce, and boil it to his decoction: then give six coats, and it will be of a good colour, or elſ you may turn ſo much water with one dram of Turnſole, doing as before.

To make green Comfits, ſeeth ſugar with the juice of Beets.

To make them yellow, ſeeth Saffron with ſugar.

In making of Comfits, alwaies when the water doth ſeeth, then put in your ſugar powder, and let it ſeeth a little, untill it bee clean diſſolved, and boyled to his perfect decoction and that the whiteneſs of the colour bee clean gon, and if you let it ſettle, you ſhall ſee the ſugar ſomwhat cleer.

For Biskets, take two ſpoonfuls of liquor, of ſugar ſearced in a court ſearce, one dram; and of ſugar powder to bee molt and caſt, one ounce. This don will make the biskets

ſom

somwhat fair, and somwhat greater then Poppy seeds.

Aliter: Take sugar-powder, four drams, sugar to cast, four ounces, with liquor sufficient: lay gold or silver on your Comfits.

Every dram of sugar-powder will take an ounce of sugar to bee cast: eight drams make an ounce. To thus much powder for Biskets, take half a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound, sugar three pound; Coriander-seeds half a pound, sugar three drams, will make fair Comfits.

For Biskets, Anniseeds half a pound, Fennel-seeds a quarter of a pound, and sugar two pound sufficeth.

In six or eight of the last coats put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar take nine ounces of water.

55. *To make a cullis as white as snow, and in the nature of gelly.*

TAke a Cock, scald, wash and draw him clean, seeth it in white Wine or rhenish Wine, scum it clean, clarifie the broth after it is strained: then take a pinte of thick and sweet Cream, strain that to your clarified broth, and your broth will becom exceeding fair and white: then take powdered-Ginger, fine white Sugar, and Rose water, seething your Cullis when you season it, to make it take the colour the better.

56. *To make Wafers.*

OF Flower take a pinte, put two it a little Cream with two yolks of Eggs and a litle Rose-water, with a little searced Cinnamon and sugar, work them all together, and bake the Paste upon hot irons.

57. To

57. *To make Almond Butter,*

BLanch your Almonds, and beat them as fine as you can with fair water, two or three hours; then strain them through a linnen cloth; boyl them with Rose-water, whole Mace, and Anniseeds till the substance bee thick: spread it upon a fair cloth, drayning the whey from it, after let it stand in the same cloth som few hours, then strain it, and season it with Rose water and Sugar.

58. *A white Gelly of Almonds.*

TAke Rose-water, Gumdragagant dissolved, or Isinglass dissolved, and som Cinnamon grosly beaten, seeth them all together; then take a pound of Almonds, blanch and beat them fine with a little fair water, drie them in a fair cloth: and put your

youn water aforeſaid into the Almonds, ſeeth them together, and ſtirr them continually, then take them from the fire when all is boiled to a ſufficient height.

59. *To make Leach:*

SEeth a pint of cream, and in the ſeething put in ſom diſolved Iſinglaſs, ſtirring it till it bee very thick: then take a handful of blanched Almonds, beat them and put them in a diſh with your cream, ſeaſoning them with ſugar, and after ſlice it, and diſh it.

60. *Sweet Cakes without either ſpice or Sugar.*

SCrape or waſh your Parſneps clean, ſlice them thin, dry them upon canvaſs or network frames, beat them to powder, mixing one third thereof with two thirds of fine wheat flower:

flower, make up your paste into coats, and you shall finde them very sweet and delicate.

51. *Roses and Gilliflowers kept long.*

COver a Rose that is fresh and in the bud, and gathered in a fair day after the dew is ascended, with the whites of egs well beaten, and presently strew thereon the fine powder of searced sugar, and put them up in luted pots, setting the pots in a cool place, sand or gravel: with a fillip at any time you may shake off his incloſure.

62. *Grapes growing all the yeer.*

PUt a vine stalk thorow a basket of earth in December, which is likely to bear Grapes

that

that yeer, and when the Grapes are ripe, cut off the ſtalks under the Basket (for by this time it hath taken root) keep the Basket in a warm place, and the Grapes will continue freſh and fair a long time upon the Vine.

63. *How to dry Roſe-leavs, or any other ſingle Flowers, without wrinkling.*

IF you would perform the ſame well in Roſe-leavs, you muſt, in Roſe time, make choice of ſuch Roſes as are neither in the bud, nor full blown, (for theſe have the ſmoothest leavs of all other) which you muſt eſpecially cull and chuſe from the reſt; then take right Callis ſand, waſh it in ſom change of waters, and drie it thorowly well, either in an Oven, or in the Sun; and having ſhallow ſquare, or long boxes, of four, five, or ſix inches deep, make firſt an even lay of ſand in the bottom, upon which

which lay your Rose-leavs one by one, (so as none of them touch another) till you have covered all the sand; then strew sand upon those leavs till you have thinly covered them all; and then make another lay of leavs as before, and so lay upon lay, &c. Set this box in some warm place in a hot sunny day, (and commonly in two hot sunny dayes they will bee through dry) then take them out carefully with your hand without breaking. Keep these leavs in Jarr-Glasses bound about with paper neer a Chimney or Stove, for fear of relenting. I finde the red Rose leaf best to bee kept in this manner. Also take away the stalks of Pansies, Stock Gilliflowers, or other single Flowers, prick them one by one in sand, pressing down their leavs smooth with more sand laid evenly upon them. And thus you may have Rose-leavs and other flowers, to lay about your Basons, windowes, &c. all the Winter

ter long. Alſo this ſecret is very requiſite for a good Simplifier, becauſe hee may dry the leaf of any herb in this manner, and lay it, being dry, in his Herball, with the ſimple which it repreſenteth, whereby hee may eaſily learn to know the names of all ſimples which hee deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of Grapes hanging upon lines within a cloſe preſs, will laſt till Eaſter. If they ſhrink, you may plump them up with a little warm water before you eat them. Som uſe to dip the end of the ſtalks firſt in pitch: ſom cut a branch off the Vine with every cluſter, placing an Apple at each end of the branch now and then renewing thoſe Apples as they rot, and after hanging them within a preſs or Cupboard, which would ſtand in ſuch a room (as I ſuppoſe)

ſuppoſe) where the Grapes might not freez: for otherwiſe you muſt bee forced now and then to make a gentle fire in the room, or elſe the Grapes will rot and periſh.

65. *How to keep Walnuts a long time plump and freſh.*

MAke a lay of the dry ſtampings of crabs when the Verjuice is preſſed from them, cover that lay with Walnuts, and upon them make another lay of ſtampings, and one lay upon another, till your veſſel bee full wherein you mean to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit upon the kernels of dry Walnuts.*

GAther not your Walnuts before they be full ripe, keep them without

out any art untill New-years tide, then break the ſhels carefully, ſo as you deface not the kernels: (and therefore you muſt make choice of ſuch Nuts as have thin ſhels) whatſoever you finde to com away eaſily, remove it: ſteep theſe kernels in conduit water fourtie eight hours, then will they ſwell, and grow very plump and fair, and you may pill them eaſily, and preſent them to any friend you have for a New-years Gift: but being pilled they muſt be eaten within two or three hours, or elſ they will loſe their whiteneſs and beauty; but unpilled they will laſt two or three daies fair and freſh. This of a kinde Gentlewoman, whoſe skill I do highly commend, and whoſe caſe I do greatly pity; ſuch are hard fortunes of the beſt wits and natures in our dayes.

67. *How to keep Quinces in a most excellent manner.*

MAke choice of such as are sound and gathered in a fair, dry, and sunny day; place them in a vessel of wood containing a Firkin, or thereabout; then cover them with penny-Ale. and so let them rest; and if the liquor carrie any bad scum, after a day or two, take it off: every ten or twelv dayes let out your penny Ale at a hole in the bottom of your Vessel, stop the hole and fill it up again with fresh penny-Ale, you may have as much for two pence at a time as will serv for this purpose. These Quinces being baked at Whitsontide, did taste more daintily then any of those which are kept in our usual decoctions or pickles.

Also if you take white-Wine Lees that are neat (but then I fear you must get them of the Merchants, for your Taverns do hardly afford any) you

you may keep your Quinces in them very fair and fresh all the yeer, and therein also you may keep your Barberries both full and fair coloured.

68. *Keeping of Pomgranats.*

MAke choice of such Pomgranats, as are sound, and not prickt, as they term it; lap them over thinly with wax, hang them upon nails where they may touch nothing, in some Cupboard or closet in your bed-Chamber, where you keep a continual fire, and every three or four daies turn the under sides uppermost: and therefore you must so hang them in pack-thred, that they may have a bow-knot at each end. This way Pomgranats have been fresh till whitsuntide.

69. *Preserving of Artichokes.*

CUt off the stalks of your Artichokes within two inches of the Apple:

Apple: and of all the rest of the stalks make a strong decoction, slicing them into thin and small slices, and keep them in this decoction, when you spend them, you must lay them first in warm water, and then in cold, to take away the bitterness of them. This of *M. Parsons*, that honest and painful practiser in this profession.

In a mild and warm winter about a moneth or three weeks before Christmas, I caused great store of Artichokes to be gathered with their stalks in their full length as they grew, and making first a good thick lay of Artichoke leavs in the bottom of a large and great vessel, I placed my Artichokes one upon another, as close as I could couch them, covering them over a pretty thickness with Artichoke leavs, those Artichokes were served in at my Table all the Lent after, the Apples being red and sound, onely the tops of the leavs a little vaded

vaded, which I did out away.

70 *Fruit Preſerved in Pitch.*

DWa berries, that do ſomwhat reſemble black Cherries. called in Latine by the name of *Solanum Lethale*, being dipped in molten pitch, being almoſt cold, and before it congeal and harden again, and ſo hung up by their ſtalks, will laſt a whole yeer. *Probat. per* M *Perſons* the Apothecary. Prove what other Fruits will alſo bee preſerved in this manner.

71 *To make Clove or Cinnamon Sugar.*

LAy pieces of Sugar in cloſe boxes amongſt ſticks of Cinnamon, Cloves. &c. and in ſhort time it will purchaſe both the taſte and ſent of the Spice. *Probat.* in Cloves.

72. *Hasel Nuts kept long.*

A Man of great years and experience assured me, that Nuts may bee kept a long time with full kernels, by burying them in earthen pots well stopt a foot or 2 in the ground: they keep best in gravelly or sandy places But these Nuts I am sure, will yield no oyl, as other Nuts will that wax dry in the shels with long keeping.

73. *Chesnuts kept all the yeer.*

AFter the bread is drawn, disperce your Nuts thinly over the bottom of the Oven, and by this means, the moisture being dryed up, the Nuts will last all the yeer; If at any time you perceive them to relent put them into your Oven again, as before.

SECRETS IN DISTILLATION.

1. *How to make true Spirit of Wine.*

TAke the fineſt paper you can get, or elſe ſom virgin Parchment, ſtrain it very right and ſtiff over the glaſs body, wherein you put your Sack, Malmſie, or Muskadine; oyl the paper or virgin parchment with a pencil moiſtned in the oyl of Ben, and diſtill it in balneo with a gentle fire, and by this means you ſhall purchaſe only the true Spirit of Wine. You ſhall not have above two or three ounces at the moſt out of a gallon of Wine, which aſcendeth in the form of a cloud without any dew or veins in the helm: lute all the

the joints well in this distillation. This Spirit will vanish in the aër, if the glass stand open.

2. *How to make the ordinarie Spirit of Wine, that is sold for five shillings. and a noble a pint.*

PUt Sack, Malmsie, or Muskadine into a glass body, leaving one third or more of your glass emptie, set it in a balneo, or in a pad of ashes, keeping a soft and gentle fire: draw no longer then till, or most part will burn away, which you may prove now and then by setting a spoonful thereof on fire with a paper, as it droppeth from the nose or pipe of the helm: and if your Spirit thus drawn hath any phlegm therein, then rectifie or re-distill that Spirit again in a lesser bodie, or in a bolt receiver instead of another bodie, luting a small head on the top of the

steel thereof and so you shall have a very strong Spirit: or elſ, for more expedition, distill five or six gallons of Wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glass, as before.

3. *Spirits of Spices.*

DIstill with a gentle heat, either in balneo, or ashes, the strong and sweet water, wherewith you have drawn oyl of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate spirit of each of the said aromatical bodies.

4. *Spirit of wine tasting of what Vegetables you pleas.*

MAcerate Rosemary, Sage, sweet Fennel-seeds, Marjoram, Lemmon, or Orenge pils, &c. in

in spirit of Wine a day or two, and then distill it over again. unless you had rather have it in his proper colour: for so you shall have it upon the first infusion, without any farther distillation: and som young Alchymists do hold this for the true spirits of Vegetables.

5. *How to make the water which is usually called Balm-water.*

PUt one pound of green Balm to every gallon of Claret wine. Keep that which cometh first, and is clearest, by it self: and the second and whiter sort, which is weakest, and cometh last by it self: distill it in a pewter Limbeck luted with paste to a Brass pot. Draw this in May or June, when the herb is in prime.

6. *Rosa Solis.*

GAther in July one gallon of the herb Rosa Solis,

pick out all the black moats from the leavs; Dates half a pound; Cinnamon, Ginger and Cloves, of each one ounce, Grains half an ounce, fine Sugar a pound and a half, red Rose-leavs, green or dryed, four handfuls: steep all these in a gallon of good Aqua-Composita, in a glass close stopped with wax during twenty dayes: shake it well together once every two dayes. Your Sugar must bee powdered, your Spices bruised onely, or grosly beaten, your Dates cut in long slices, the stones taken away. If you add two or three grains of Amber-greece, and as much Musk in your glass among the rest of the ingredients, it will have a pleasant smell. Som add the Gum Amber, with Corall and Pearl finely powdered, and fine leaf Gold. Som use to boyl Ferdynando-buck in Rose-water, till they have purchased a fair deep crimson colour: and when the same is cold they colour

lour their Rosa Solis and Aqua Rubea therewith.

7. *Aqua Rubea.*

TAke of Musk six grains; of Cinamon and Ginger, of each one ounce, white Sugar-Candy, one pound; powder the Sugar, and bruis the Spices grosly, bind them up in a clean linnen cloth, and put them to infuse in a gallon of Aqua Composita, in a glass close stopt, twenty four hours, shaking them together divers times: then put thereto of Turnsole one dram; suffer it to stand one hour, and then shake all together: then if the colour like you after it is settled, pour the cleerest forth into another glass. But if you will have it deeper coloured, suffer it to work longer upon the Turnsole.

8. *Doctor* Steven's *Aqua-Composita.*

OF Gascoin-Wine take a gallon, of Ginger, Galingale, Cinnamon, Nutmegs, and Grains, Annifeeds, Fennel seeds and Carroway seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomile, Lavender, of each a handful; bray the spices small, & bruise the herbs, letting them macerate twelv hours, stirring it now and then, then distill by a Limbeck of pewter, keeping the first cleer water that cometh by it self, and so likewise the second You shall draw much about a pint of the better sort from every gallon of Wine.

9. *Usque-bath or Irish Aqua-vitæ.*

TO every gallon of good *Aqua-composita*, put two ounces of choſen

chosen Liquoriee bruised, and cut into small pieces;but first cleansed from all his filth, and two ounces of Anniseeds that are clean and bruised: let them macerate five or six daies in a wooden vessel, stopping the same close, and then draw off as much as will run cleer, dissolved in that clear *Aqua-vitæ* five or six spoonfuls of the best Malasloes you can get, (Spanish Cure, if you can get it, is thought better then Malasloes) then put this into another vessel;and after three or four daies(the more the better)when the liquor hath fined it self, you may use the same: Som add Dates and Raisins of the Sun to this receipt, Those grounds which remain, you may re-distill, and make more, *Aqua-composita* of them, and of that *Aqua-composita* you may make more *Usque bath.*

10. *Cinnamon-Water.*

HAving a copper body, or brass pot that will hold twelv gallons, you may well make two or three gallons of Cinnamon-Water at once. Put into your Bodie over night six gallons of Conduit water, and two gallons of Spirit of Wine, or, to save charge, two gallons of Spirit drawn from the Wine Lees, Ale, or low wine, six pound of the best and largest Cinnamon you can get, or elf eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck, and begin with a good fire of wood and coals, till the Vessel begin to distill, then moderate your fire, so as your pipe may drop apace, and run trickling into the receiver, but blow not at any time. It helpeth much herein to keep the water in the bucket not too hot

by

by often change thereof: it must never bee so hot, but that you may wel endure your finger therein. Then divide into quart glasses the Spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinnamon; then may you boldly, after the Spirit once beginneth to com strong of the Cinnamon, draw untill you have gotten at the least a gallon in the receiver, and then divide often by half pints, and quattern of pints, lest you draw too long: which you shall know by the faint taste and milkie colour, which distilleth to the end: this you must now and then taste in a spoon. Now when you have drawn so much as you finde good, you may add thereunto so much of your Spirit that came before your Cinnamon-Water, as the same will well bear, which you must finde by your taste. But if your Spirit and your Cinnamon bee both good, you may of the

afore-

aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinnamon water. Here note that it is not amiss to observe which glass was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mix, begin with the last glass first, and so with the next, becaus those have more taste of the Cinnamon then that which came first, and therefore more fit to bee mixed with your Cinnamon water. And if you mean to make but eight or nine pints at once then begin but with the half of this proportion. Also, that spirit which remaineth unmixed, doth serv to make Cinnamon-water the second time. This way I have often proved, and found most excellent. Take heed that your Limbeck bee clean, and have no manner of sent in it, but of Wine or Cinnamon, and so likewise of the glasses funnels, and pots which you shall use about this work.

11. *How to distill Isop, Thyme, Lavender, Rose-mary, &c. after a new and excellent manner.*

HAving a large pot containing twelv or fourteen gallons, with a Limbeck unto it, or elsa Copper body, with a serpentine of twenty, or twenty four gallons, and a Copper head, being such a Vessell as is Commonly used in the drawing of *Aqua vitæ*, fill two parts thereof with fair water, and one other third part with such herbs as you would distill; the herbs being either moist or drie, it skilleth not greatly whether; let the herbs macerate all night, and in the morning begin your fire; then distill as before in Cinnamon water, being carefull to give change of waters to your colour alwaies as it needeth; draw no longer then you feel a strong and sensible taste of the

the Herb which you distill, alwaies dividing the stronger from the weaker, and by this means you shall purchase a water far excelling any that is drawn by a common pewter Still: you may also gather the oyl of each Herb, which you shall find fleeting on the top or summity of your water. This court agreeth best with such Herbs as are not in taste, and will yield their oyl by distillation.

12. *How to make the Salt of Herbs.*

BUrn whole bundles of dryed Rosemary, Sage, Hyssop, &c. in a clean Oven, and when you have gathered good store of the Ashes of the Herb, infuse warm Water upon them, making a strong and sharp Lee of those ashes, then evaporate that Lee, and the residence or settling which you finde in the bottom thereof, is the Salt which you seek for. Som use to filter this Lee

divers

divers times before evaporation, that their salt may bee the cleerer & more transparent. This salt, according to the nature of the Herb, hath great effect in Physick.

13. *Spirit of Hony.*

PUt one part of Hony to five parts of water; when the water boileth, dissolv your hony therein, scum it; and having sodden an hour or two, put it into a wooden Vessell, and when it is blood warm, set it on work with yeast after the usuall manner of Beer and Ale; run it, and when it hath lien some time, it will yeeld his spirit by distillation, as wine Beer, and Ale will doe.

14. *To distill Rose-water at Michaelmas, and to have as good as at any other time of the year.*

IN the pulling of your Roses, first divide all the blasted leaves; then take

take the other fresh leaves, and lay them abroad upon your table or windowes, with som clean linnen under them, let them lie three or four hours, or if they be dewey, untill the dew bee fully vanished, : put these Rose leaves in great stone pots, having narrow mouthes, and well leaded within (such as the gold finers call their hookers, and serv to receiv their *Aqua fortis*, bee the best of all others that I know;) and when they are well filled, stop their mouthes with good Corks, either covered all over with wax or molten brimstone, and then set your pot in som cool place,& they will keep a long time good, and you may distill them at your best leasure. This way you may distill Rose-water good cheap, If you buy store of Roses, when you finde a glut of them in the market, whereby they are sold for seven pence or eight pence the bushell, you then engross

engrosʃ the flower. And ſom hold opinion, that in the middeſt of theſe leaves you put ſom broken leaven, and after fill up the pot with Roſe leaves to the top, that ſo in your diſtillation of them you ſhall have a perfect Roſe Vinegar, without the addition of any common Vinnegar. I have known Roſe leaves kept well in Roundlets that have been firſt well ſeaſoned with ſom hot liquor & Roſe leaves boyled together, and the ſame pitched over on the outſide, ſo as no aër might penetrate or pierce the veſſell.

15. *A ſpeedy diſtillation of Roſe water.*

STamp the leaves, and firſt diſtill the juice being expreſſed and after diſtill the leaves, and ſo you ſhall diſpatch more with one Still, then others doe with three or four

four Stils. And this water is every way as medicinable as the other, serving in all Syrups, decoctions, &c. sufficiently; but not altogether so pleasing in smell.

16. *How to distill Wine-Vinegar, or good Aligar, that may bee both clear and sharp.*

I Know it as an usual manner among the Novices of our time, to put a quart or two of good Vinegar into an ordinary leaden Still, and so to distill it as they do all other Waters, but this way I utterly dislike, both for that here is no separation made at all, and also becaus I fear that the Vinegar doth carry an ill touch with it, either from the leaden bottom, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glass, with a head or receiver, the same being placed in sand and ashes Note, that the best part

part of the Vinegar is the middle part that ariseth, for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth heavie toward the later end, and must bee urged up with a great fire: and therefore you must now & then taste of that which cometh both in the beginning and towards the latter end, that you may receiv the best by it self.

17. *How to draw the true Spirit of Roses, and so of all other Herbs and Flowers.*

MAcerate the Rose in his own juice, adding thereto, being temperately warm, a convenient proportion either of yest or ferment, leav them a few dayes in fermentation, till they have gotten a strong and heady smell beginning to incline toward Vinegar: then distill them in a balneo in glass bodies lured to their helms (happly a Limbeck

beek will doe better, and rid faſter) and draw ſo long as you finde any ſent of the Roſe to com; then re diſtill or rectifie the ſame ſo often, till you have purchaſed a perfect ſpirit of the Roſe. You may alſo ferment the juice of Roſes only and after diſtill the ſame.

18. *An excellent Roſe water.*

UPon the top of your glaſs body ſtrain an hair cloth, and upon that lay good ſtore of Roſe leaves either dry or half dry; and ſo your water will aſcend very good both in ſmell, and in colour. Diſtill either in balneo, or in a gentle fire in aſhes: you may re-iterate the ſame water upon freſh leaves. This may alſo bee don in a leaden ſtill, over which, by reaſon of the breadth, you may place more leaves.

19. *An*

19. *An excellent way to make the extract of all Vegetables.*

EXpress a good quantity of the juice thereof, set it on the fire and give it only a walm or two, then it will grow clear: before it be cooled pour away the cleered filter with a peice of Cotten, and then evaporate your filtered juice till it com to a thick substance: and thus you shall have a most excellent extract of the Rose Gilliflowers &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, fair water, the water of plant, or som kind of menstruum.

20. *To make a water smelling of the Eglantine, gilliflowers, &c.*

DRy the herb or flower, and distill the same in fair water in a Lim-

a Limbeck, draw no longer then you find sent in the water that issueth, reiterate that water upon fresh Herbs, and distill it as before, dividing the sweetest from the rest.

21. *A Scottish hand water.*

PUt Thyme, Lavender & Rose-mary confusedly together, then make a lay of thick Wine Lees in the bottom of a stone pot, upon which make another lay of the same herbs, & then a lay of Lees and so forward. lute the pot well, bury it in the ground for six weeks, distil it, and it is called Damesse-water in Scotland. A little thereof put into a Bason of common water, maketh verie sweet washing water.

22. *How to draw the blood of herbs.*

STamp the Herb, put the same into a large glass, leaving two parts empty, (some commend the juice of the Herb onely) nip or else lute the

glass

glass verie well, digest it in balneo 15 or 16 dayes: and you shall find the same verie red: divide the wateriſh part, and that which remaineth is the blood or essence of the herb.

23. *Rose water, and yet the Rose-leavs not discoloured.*

YOu must distill in balneo, and when the bottom of your pewter still is thorow hot, put in a few leavs at once, and distill them, watch your Still carefully, and as soon as those are distilled, put in more. I know not whether your profit will require your labour; yet accept of it as a new conclusion.

24. *How to recover Rose-water, or any other distilled water that hath gotten a mother, and is in danger to mustie.*

INfuse your water upon fresh Rose-leavs, or upon Rose-cakes broken

all in peices, and then after maceration for three or four hours with a gentle fire re-distill your water. Do this in a Limbeck: take heed of drawing too long for burning, unless your Limbeck stand in balneo.

25. *To draw both good Rose water, and oyl of Roses together.*

AFter you have digested your Rose leaves by the space of three monthes, *sicut ante numero* 13. either in Barrels or Hookers, then distill them with fair water in a Limbeck, draw so long as you can find any excellent smell of the Rose, then divide the fatty oyl that fleeteth on the top of the Rose water, and so you have both excellent oyl of Roses, and also good Rose water together, and you shall also have more water then by the ordinary

way: and this Rose water extendeth farther in Physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyl of *Lignum Rhodium* this way, saving that you shall not need to macerate the same above four and twenty hours in your water or menstruum before you distill. This oyl hath a most pleasing smell in a manner equall with the oyl of Roses.

Cookery and Huſwifery.

1. *To ſauſ a young Pig.*

Ake a young Pig, being ſcalded, boil it in fair water & white-Wine; put thereto ſom Bay-leavs, ſom whole Ginger, ſom Nutmegs quartered, and a few whole Cloves: boyl it thorowly, and leav it in the ſame broth, in an earthen pot.

2. *Aliter.*

TAke a Pig, being ſcalded; collar him up like Brawn, and lap your collars in fair clothes: when the fleſh is boyled tender, take it out, and put it in cold water and ſalt, and that will

will make the skin white, make fowſing drink for it with a quart of white Wine, and a pottle of the ſame broth.

3. *To boyl a Flounder or Pickerell after the French faſhion.*

TAke a pint of white Wine, the tops of young Thyme and Roſemary; a little whole Mace, a little whole Pepper ſeaſoned with Verjuice, Salt and a piece of ſweet Butter, and ſo ſerv it. This broth will ſerv to boyl Fiſh twice or thrice in.

4. *To boyl Sparrowes or Larks.*

TAke two ladles full of Mutton broth a little whole Mace; put into it a piece of ſweet Butter, a handful of Parſley, being picked; ſeaſon it with Sugar, Verjuice, and a little pepper.

5. *To boyle a Capon in white broth.*

BOyl your Capon by it ſelf in fair water: then take a ladle full or two of mutton broth, and a little white Wine, a little whole Mace, a bundle of ſweet herbs a little marrow: thicken it with Almonds, ſeaſon it with ſugar & a little verjuice: boyl a few Currans by themſelves, and a Date quartered (leaſt you diſcover your broth) & put it on the breaſt of your Capon, Chicken, or Rabbet: if you have no Almondes, thicken it with cream, or with yolkes of egs; garniſh your diſhes on the ſides with a Lemmon ſliced, and ſugar.

6. *To boyl a Mallard, a Teal, or Wygen.*

TAke mutton broth, and put it into a pipkin: put it into the bellie

lie of the Fowl a few ſweet herbs, and a little Mace: ſtick half a dozen of Cloves in his breſt, thicken it with a toaſt of bread ſteeped in verjuice, ſeaſon it with a little Pepper, and a little ſugar; Alſo one Onion minced ſmall is very good in the broth of any water Fowl.

7. *To boyl a leg of Mutton after the French faſhion.*

TAke all the fleſh out of your leg of Mutton, or at the but end preſerving the skin whole, and mince it ſmall with Oxe ſuet and Marrow: then take grated bread ſweet cream, and yolks of Egges, and a few ſweet herbs; put unto it Currans and Raiſins of the Sun, ſeaſon it with Nutmegs, Mace, Pepper and a little ſugar, and ſo put it into the legg of Mutton again where you took it out, and ſtew it in a pot with a Marrow-bone or two: ſerv

in the Marrow bones with the ſtewed broth and fruit, and ſerv in your leg of Mutton dry With Carret roots ſliced, and caſt groſs Pepper upon the roots.

8. *To boyl Pigs petitoes on the French faſhion.*

BOyl them, and ſlice them, being firſt rouled in a little Batter, your Batter being made of the yolk of an Egg, two ſpoonfuls of ſweet Cream, and one ſpoonful of flower: make ſawce for it with Nutmeg, Vinegar, and Sugar.

9. *To boyl Pigeons with Rice.*

BOyl them in Mutton broth, putting ſweet herbs in their bellies: then take a little Rice, and boyl it in Cream with a little whole Mace; ſeaſon it with Sugar, lay it thick on their breſts, wringing alſo the juice of

of a Lemmon upon them, and ſo ſerv them.

10. *To boyl a chine of Veal or Chicken in ſharp broth with herbs.*

TAke a little Mutton-broth, white Wine, and Verjuice, and a little whole Mace, then take Lettuce, Spinage, and Parſley, and bruiſe it, and put it into your broth, ſeaſoning it with Verjuice, Pepper, and a little Sugar, and ſo ſerv it.

11. *To make Beaumanger.*

TAke the brawn of a Capon, toſe it like wool: then boyl it in ſweet Cream with the whites of two Eggs, and being well boyled, hang it in a cloth, and let the whey run from it: then grind it in an Alablaſter Mortar with a wooden peſtle; then draw it thorow a thin ſtrainer

with the yolks of two Egs, & a little Roſe water: then ſet it on a Chafing-diſh with coales, mixing 4 ounces of Sugar with it; & when it is cold, diſh it up like Almond-butter, & ſo ſerv it.

22 *To make a Polonian Sawſedge.*

TAke the Fillets of an Hog, chop them verie ſmall with a handfull of red ſage, ſeaſon it hot with Ginger and Pepper, & then put it into a great Sheepes gut; then let it lie 3 nights in brine; then boyle it, and hang it up in a Chimny where fire is uſually kept, theſe Sawſedges will laſt a whol year they are good for ſallads, or to garniſh boyled meats, or to make one reliſh a cup of Wine.

13. *To make tender and delicate Brawn.*

PUt Collars of Brawn in Kettles of water or other apt veſſels, into a Oven, heated as you would for houſhould bread: cover the veſſels, and ſo leav them as long in the Oven, as you would do a batch of bread. A late experience amongſt Gentlewomen far excelling the old manner of boyling Brawn in great and huge kettles. *Quere*, if (putting your liquor hot into the veſſels, and the Brawn a little boyled firſt) by this means you ſhall not give great expedition to our work.

14. *Paſte made of Fiſh.*

INcorporate the body of ſalt Fiſh, Stock-fiſh, Ling, or any freſh fiſh, that is not full of bones, with crums of bread, flower, Iſinglaſs. &c.

and with proper Spices agreeing with the nature of every ſeveral Fiſh; and of that Paſte mould off the ſhapes and forms of little Fiſhes, as of the Roch, Dace, Pearch, &c. and ſo by art you may make many little Fiſhes out of one great and natural Fiſh.

15. *How to barrel up Oyſters ſo as they ſhall laſt for ſix moneth ſweet and good, and in their natural toſte.*

OPen your Oyſter: take the liquor of them, & mix a reſonable proportion of the beſt white-wine Vinegar you can get, a little ſalt, and ſom Pepper, barrel the Fiſh upon ſmall Caſhes, covering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent means to convey Oyſters unto dry towns, or to carry them in long Voyages.

16. *How to keep freſh Salmon a whole moneth in his perfect taſte and delicacy.*

Firſt ſeeth your Salmon according to the uſual manner: then ſink it in apt and cloſe veſſels in wine-Vinegar, with a branch of Roſemary therein. By this means vintners and Cooks may make profit thereof when it is ſcarce in the Markets: And Salmon thus prepared, may be profitably brought out of Ireland, and ſold in London or elſwhere.

17. *Fiſh kept long, and yet to eat ſhort and delicately.*

FRy your Fiſh in oyl: ſom commend rape oyl, & ſom the ſweeteſt Sivil-oyl that you can get: for the Fiſh will not taſte at all of the oyl becauſ

becauſ it hath a wateriſh body, and oyl and water make no true unity: then put your Fiſh in white wine vinegar, and ſo you may keep it for the uſe of your Table any reaſonable time,

18. *How to keep roaſted beef a long time ſweet and wholſom.*

THis is alſo done in Wine vinegar, your pieces being not over great, and well and cloſe barrelled up, This ſecret was fully proved in that honorable Voyage unto Cales.

19. *How to keep powdered Beef five or ſix weeks after it is ſodden, without any charge.*

WHen your Beef hath been well and thorowly powdered by ten or twelv dayes ſpace, then ſeeth it thorowly, dry it with a cloth,

cloth, and wrap it in dry clothes, placing the ſame in cloſe veſſels and cupboards, and it will keep ſweet and ſound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

20. *A conceit of the Authors, how beef may bee carried at the Sea, without that ſtrong and violent impreſſion of ſalt, which is uſually purchaſed by long and extreme powdering.*

HEre, with the good leav and favour of thoſe courteous Gentlewomen for whom I did principally, if not onely, intend this little Treatiſe, I will make bold to lanch a little from the ſhore, and try what may bee don in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſervation of ſuch uſual victuals, as for want of this skill

do

doe often times meerly periſh, or elſ by the extreme piercing of the ſalt, do loſe even their nutritive ſtrength and virtue : and if any future experience do happen to controule my preſent receipt: let this excuſe a Scholar, *Quòd in magnis. eſt voluiſſe ſatis* But now to our purpoſe : Let all the blood bee firſt well gotten out of the Beef, by leaving the ſame ſom nine or ten dayes in our uſuall brine : then barrell up all the pieces in veſſels full of holes, faſtening them with ropes at the ſtern of the Ship, and ſo dragging them thorow the ſalt Sea water, (which, by this infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe) you may haply finde your Beef both ſweet and ſavory enough when you com to ſpend the ſame.

And if this happen to fall out true upon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall bee urged thereunto uppon

uppon any neceſſity of ſervice, I hope to diſcover the meanes alſo whereby every Ship may carry ſufficient ſtore of Victual for her ſelf in more cloſe and convenient carriages then thoſe looſ veſſels are able to perform. But if I may bee allowed to carry either roaſted or ſodden fleſh to the ſea, then I dare adventure my poor credit therein, to preſerv, for ſix whole moneths together, either Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as freſh as wee do now uſually eat them ot our tables. And this I hold to bee a moſt ſingular and neceſſary ſecret for all our Engliſh Navie; which at all times, upon reaſonable terms, I will bee ready to diſcloſe for the good of my Country.

21. *How to make ſundry ſorts of moſt dainty Butter, having a lively taſte of Sage, Cinnamon, Nutmegs, Mace, &c.*

THis is don by mixing a few drops of the extracted oyl of Sage, Cinnamon, Nutmegs, Mace, &c. in the making up of your Butter: for oyl, and Butter will incorporate and agree very kindly and naturally together. And how to make the ſaids oyls, with all neceſſary veſſels, inſtruments, and other circumſtances, by a moſt plain aud familiar deſcription, See my Jewel houſ of Art and Nature, under the Title of Diſtillation.

12. *How to make a larger and daintier Cheeſ of the ſame proportion of milk then is commonly uſed or known by any of our beſt Dairy women at this day.*

HAving brought your milk into Curds by ordinary renet, either break

break them with your hands according to the uſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the Whey as you can; or elſ put the Curds without breaking into your Moat; let them ſo repoſe one hour, or two, or three; and then, to a Cheeſe of two gallons of Milk, add a weight of ten or twelv pound: which weight muſt reſt upon a cover that is fit with the Moat or caſe, wherein it muſt truly deſcend by degrees, as you increaſ your weight, or as the Curds do ſink and ſettle. Let your Curds remain ſo all that day and night following and all the next morning: and then turn your Cheeſe or Curds, and place your weight again thereon, adding from time to time ſom more weight, as you ſhall ſee cauſ. Note, that you muſt lay a cloth both under and over your Curds at the leaſt, if you will

not

not wrap them all over, as they doe in other Cheeſes, changing your cloth at every turning. Alſo if you will work in any ordinary moat, you muſt place a round and broad hoop upon the moat, being juſt of the ſelf ſame bigneſs or circumference, or elſe you ſhall make a very thinn Cheeſe. Turn theſe Cheeſes every morning and Evening, or as often as you ſhall ſee cauſ, till the whey bee all run out, and then proceed as in ordinary Cheeſes. Note, that theſe moates would bee full of holes, both in the ſides and bottom, that the whey may have the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deviſe moates or caſes, either round or ſquare of fine wicked, which, having wicker covers, may, by ſom ſleight, bee ſo ſtayed, as that you ſhall need only morning and evening to turn

turn the wrong ſide upward, both the bottoms being made looſ, and ſo cloſe and fitting, as they may ſink truely within the moat or mould, by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes, the cover of the moat ſhutteth over the moat: but in theſe the covers deſcend, and fall within the moats. Alſo your ordinary Cheeſes are more ſpongious and full of eyes then theſe, by reaſon of the violent preſſing of them; whereas, theſe Cheeſes ſetling gently and by degrees, doe cut as cloſe and as firm as Marmelade. Alſo in thoſe Cheeſes which are preſſed out after the uſuall mannner, the whey that commeth from them if it ſtand a while, will carry a cream upon it, whereby the Cheeſe muſt of neceſſity bee much leſs, and (as I gueſs) by a fourth part: whereas the whey that commeth from theſe new kind of

Cheeſes

Cheeſes is like fair water in colour, and carryeth no ſtrength with it. Note alſo that if you put in your Curds unbroken, not taking away the whey that iſſueth in the breaking of them that ſo the Cheeſes will yet bee ſo much the greater: but that is the more troubleſom way, becauſ the Curds being tender, will hardly endure the turning, unleſs you bee verie careful. Suppoſe, that the Angelores in France may bee made in this manner in ſmall Baskets: and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of unflatten Milk, they will bee full of butter and eat moſt daintily being taken in their time, before they bee too dry: for which purpoſe you may keep them, when they begin to grow dry, upon green ruſhes or Nettles. I have robbed my Wifes Dairy of this ſecret, who hath hitherto refuſed all recompence that hath been offered her

her by Gentlewomen for the ſame, and had I loved Cheeſe my ſelf ſo well as I like the receipt, I think I ſhould not eaſily have imparted the ſame at this time. And yet I muſt needs conſeſs, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have been willing to publiſh this with ſom other ſecrets of worth, for the which I have many times refuſed good ſtore both of Crowns and Angels. And therefore let no Gentlewoman think this Book too dear, at what price ſoever it ſhall bee valued upon the ſale thereof: neither can I eſteem the work to be of leſs than twenty yeres gathering.

23. *Clouted Cream.*

TAke your milk being new milked, and preſently ſet it upon the fire, from morning untill the evening

evening, but it it not ſeeth, and this is called my Lady *Youngs* clowted cream.

24. *Fleſh kept ſweet in Summer.*

YOu may keep Veal, Mutton, or Veniſon in the heat of Summer nine or ten dayes good, ſo as to bee newly and fair killed, by hanging the ſame in an high and windy room. (And therefore a plate Cupbord full of holes, ſo as the wind may have a thorowe paſſage, would bee placed in ſuch a room, to avoid the offence of Fly-blowes.) This is an approved ſecret eaſie and cheap and very neceſſary to bee known and practiſed in hot and tainting weather. Veal may bee kept ten dayes in bran.

25. *Muſtard Meale.*

IT is uſuall in Venice to ſell the Meal of Muſtard in their Markets

as wee doe Flower and Meal in England: this Meal by the addition of Vinegar, in two or three daies becometh exceding good Muſtard; but it would bee much ſtaonger and finer, if the husks and huls were firſt devided by ſcarce or boulter: which may eaſily be done, if you dry your ſeeds againſt the fire befo e you grind them. The Duteh iron hand Mills, or any ordinary Pepper Mill may ſerv for this purpoſe. I thought it very neceſſary to publiſh this manner of making your ſawce, becauſ our Muſtard, which wee buy from the Chandlers at this day, is many times made up with vile and filthy Vinegar, ſuch as our ſtomacks would abhorr, if we ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to avoid ſmoak in broyling of Bacon, Carbonado, &c.*

MAke a little Driping-pans of paper, pafting up the corners with ſtarch

ſta ch or paſte, wet them a little in water, (but Pope *Pius Quintus* his Cook will have them touched over with a feather firſt dipped in oyl or molten buttet :) lay them on your Gridiron, and place therein your ſlices of Bacon, turning them as you ſee cauſ. This is a cleanly way, and avoideth all ſmoak. In the ſame manner you may alſo broyl thin ſlices of Polonian Sawſedges, or great Oyſters; ſo were the Popes Oyſters dreſſed. You muſt bee careful that your fire under your Gridiron flame not, leſt you happen to burn your Dripping-pans: and therefore all colebrands are here ſecluded.

27. *The true botling of Beer.*

WHen your Beer is ten or twelv daies old, whereby it is grown reaſonable cleer then

then bottle it, making your corks verie fit for your bottles, and ſtop them cloſe: but drink not of this Beer, till they begin to work again, and mantle, and then you ſhall find the ſame moſt excellent and ſpritely drink: and this is the reaſon why bottle-Ale is both ſo windy and muddy, thundering and ſmoaking upon the opening of the bottle, becauſ it is commonly bottled the ſame day that it is laid into the Seller; whereby it's yeſt, being an exceeding windy ſubſtance, being alſo drawn with the Ale not yet fined, doth incorporate with the drink, and maketh it alſo very windy: and this is all the lime and Gun-powder wherewith bottle-Ale hath been a long time ſo wrongfully charged.

28. *How to help your bottles when they are muſty.*

Some put them in an oven when the bread is newly drawn, cloſing

up the oven, and ſo let them reſt till morning. Others content themſelvs with ſcalding them in hot liquor only till they bee ſweet.

29. *How to break whites of egs ſpeedily.*

A Fig or two ſhred in pieces. And then beaten amongſt the whites of Egs will bring them into an oyl ſpeedily: ſom break them with a ſtubbed rod, and ſom by wringing them often thorow a ſponge.

30. *How to keep Flies from oyl pieces.*

A Line limed over, and ſtrained about the creſt of oyl pieces or Pictures, will catch the flies, that would otherwiſe deface the Pictures. But this Italian conceit, both for the rareneſs and uſe thereof, doth pleaſ

pleaſe mee above all other, viz. Prick a Cucumber full of Barley corn, with the ſmall ſpring ends outwards: make little holes in the Cucumber firſt with a wooden or bone Bodkin, and afterwards in the grain, theſe being thick placed will in time cover all the Cucumber, ſo as no man can diſcern what ſtrange plant the ſame ſhould bee. Such Cucumbers are to bee hung up in the mids of Summer rooms to draw all the flies unto them, which otherwiſe would fly upon the Pictures or Hangings.

35. *To keep Lobſters, Crabfiſhes, &c. ſweet and good for ſom few dayes.*

THeſe kinds of fiſh are noted to bee of no durabilitie or laſting in warm weather: yet to prolong their daies a little, though I feare I ſhall raiſe the price of them by diſco-

diſcovery amongſt the Fiſhmongers (who onely in reſpect of either ſpeedy decay, do now and then afford a penniworth in them) if you wrap them in ſweet and courſe rags firſt moiſtned in brine, and then bury theſe clothes in Calis ſand, that is alſo kept in ſom cool or moiſt place: I know by mine own experience, that you ſhall finde your labour well beſtowed, and the rather, if you lay them in ſeveral clothes, ſo as one do not touch the other.

32. *Divers excellent kindes of bottle-Ale.*

I Cannot remember that ever I did drink the like ſage-Ale at any time, as that which is made by mingling two or three drops of the extracted oyl of Sage with a quart of Ale, the ſame being well brewed out of one pot into another:

ther ſtand this way a whole ſtand of Sage. Ale is very ſpeedily made. The like is to bee don with oyl of Mace or Nutmegs. But if you will make a right Goſſips cup, that ſhall far excell all the Ale that ever Mother *Bunch* made in her life time,, then in the botling up of your beſt Ale, tun half a pinte of white Ipocraſs that is newly made, and after the beſt receipt, with a pottle of Ale: ſtop your bottle cloſe, and drink it when it is ſtale. Som commend the hanging of roaſted Orenges prickt full of Cloves in the veſſel of Ale, till you find the taſte thereof ſufficiently graced to your own liking.

33. *How to make worm-wood-wine verie ſpeedily, and in great quantitie*

TAke ſmall Rochel or Coniake-wine, put a few drops of the

extracted oyl of Wormwood therein: brew it together (as before is ſet down in bottle Ale) out of one pot into another, and you ſhall have a more neat and wholſom Wine for your body, than that which is ſold at the Stil-yard for right Wormwood wine.

34. *Roſe-water and Roſe-vinegar of the colour of the Roſe, and of the Cowſlip, and Violet-vinegar.*

IF you would make your Roſe-water and Roſe-vinegar of a Ruby colour, then make choice of the crimſin Velvet coloured leaves, chipping away the whites with a pair of Sheers; and being thorow dryed, put a good large handful of them into a pint of Damask or red Roſe-water: ſtop your glaſs well, and ſet it in the Sun till you ſee that the leavs have loſt their colour; or, for more expedition, you may perform this work in balneo in a few hours,

and

and when you take out the old leavs, you may put in freſh, till you find the colour to pleaſ you. Keep this Roſe water in glaſſes verie well ſtopt; the fuller the better. What have I ſaid of Roſe water, the ſame may alſo be intended of Roſe Vinegar, Violet, Marigold and Cowſlip Vinegar; but the whiter Vinegar you chuſe for this purpoſe, the colour thereof will bee the brighter, and therefore diſtilled Vinegar is beſt for this purpoſe, ſo as the ſame bee warily diſtilled with a true diviſion of parts, according to the manner expreſſed in this book in the diſtillation of Vinegar.

35. *To keep the juice of Orenges and Lemmons all the yeer for ſauce, Julips, and other purpoſes.*

EXpreſs their juice, and paſs it through an Ipocraſs bagg, to clarifie it from its impurities;

then fill your glaſs almoſt to the top; cover it cloſely, and let it ſtand ſo till it have don boyling: then fill up your glaſs full of Sallet oyl, and ſet it in a cool Cloſſet or Buttery where no Sun cometh: The apteſt glaſſes for this purpoſe are ſtraight upright ones, like to our long Beer-glaſſes, which would be made with little round holes within two inches of the bottom to receiv apt fawcets, and ſo the grounds, or lees would ſettle to the bottom, and the oyl would ſink down with the juice ſo cleerly, that all putrefaction would bee avoided: or, inſtead of holes, if there were glaſs Pipes, it were the better and readier way, becauſ you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner reſerv many juices of herbs and flowers.

And becauſ that profit and skill united do grace each other, if (courteous Ladies) you will lend ears, and follow my direction, I here furniſh

furniſh a great number of you (I would I could furniſh you all) with the juice of the beſt Sivil Orenges at an eaſie price. About Alhollantide, or ſoon after, you may buy the inward pulp of Sivil Orenges, wherein the juice reſteth, of the Comfit makers for a ſmall matter, who do only and principally reſpect their rinds to preſerv and make Oringadoes withall. This juice you may prepare and reſerv as before.

36. *How to purifie and give an excellent ſmell and taſte unto Sallet-oyl.*

PUt Sallet-oyl into a veſſel of wood or earth, having a hole in the bottom: to every four quarts of water add one quart of oyl, and with a wooden ſpoon or ſpattle, beat them well together for a quar-

ter of an hour, then let out the wa-ter preventing the oyl from iſſuing by ſtopping of the hole: repeat this work two or three times, and at the laſt you ſhall finde your oyl well cleanſed or clarified. In this manner you may alſo clarifie Capons greaſe, being firſt melted, and working with warm water. all this is borrowed of M. *Bartholomæus Scapius* the Maſter Cook of Pope *Pius Quintus* his privie Kitchin. I think, if the laſt agitation were made in Roſe-water, wherein alſo Cloves or Nutmegs had been macerated, that ſo the oil would bee yet more pleaſing.

Or if you ſet a jarr-glaſs in balneo, full of ſweet oyl, and ſom ſtore of bruiſed Cloves, and rindes of Sivil Orenges or Lemmons alſo therein, and ſo continue your fire for two or three hours, and then letting the Cloves and rindes remain in the oyl till both the ſent and taſte do pleaſ you: I think many men which at this day do loath oil (as I

my

my ſelf did not long ſince) would bee eaſily drawn to ſufficient liking thereof.

37. *How to clariſie without any diſtillation, both white and claret wine vinegar for gellies or ſauces.*

PUt to every ſix pints of good wine Vinegar, the whites of two new laid Egs well beaten: then put all into a new leaden Pipkin, and cauſe the ſame to boyl a little, over a gentle fire: then let it run through a courſe gelly bagg twice or thrice, and it will bee verie cleer, and keep good one whole yeer.

38. *To make a moſt delicate white ſalt for the Table.*

FIrſt calcine or burn your white ſalt; then diſſolve it in cleer Conduit wa-

ter

water: let the water ſtand without ſtirring fourty eight hours, then carefully draw away all the cleer water only: filter it, and after evaporate the filtered liquor, reſerving the Salt. Som leav out Calcination.

39. *A delicate Candle for a Ladies Table.*

CAuſe your Dutch-Candles to bee dipped in Virgin-Wax, ſo as their laſt coat may bee meerly Wax, and by this means you may carry them in your hand without melting, and the ſent of the Tallow will not break thorow to give offence. But if you would have them to reſemble yellow wax Candles, then firſt let the Tallow bee covered with Turmetick boyled therein and ſtrained; and after your Candles have been dipped therein to a ſufficient greatneſs, let them take their laſt

coat

coat from the yellow: this may bee don in a great round cane of Tin-plate, having a bottom, and being ſomwhat deeper then the length of your Candles: and as your Wax ſpendeth: you may ſtill ſupply it with more.

40. *How to hang your Candles in the aër without Candleſticks.*

THis will make a ſtrange ſhew to the beholders that know not the conceit. It is don in this manner: Let a fine Virginal wire bee conueyed in the midſt of every wick, and left of ſom length above the Candle, to faſten the ſame to the poſts in the roof of your houſ: and if the room be any thing high roofed, it will bee hardly diſcerned, and the flame, though it conſume the Tallow, yet it will not not melt the wire.

41. *To make Roſe Vinegar*

MAcerate or ſteep Roſe-leavs in fair water, let them ly therein till they wax ſower in ſmell, and then diſtill the water.

Sweet

Sweet Powders, Ointments, Beauties, &c.

1. *An excellent Damask-Powder.*

Ou may take of yroes half a pound, Roseleavs four ounces, Cloves one ounce, Lignum Rhodium two ounces, Storax one ounce & a half, Musk and Civet, of each ten grains, beat and incorporate them well together.

2. *An excellent hand-water, or washing water, verie cheap.*

TAke a gallon of fair water, one handful of Lavender-flowers, a few Cloves, and som Orace powder,

powder, & four ounces of Benjamin, distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the Lees: a little of this will sweeten a bason of fair water for your table.

3. *A Ball to take stains from Linnen.*

TAke four ounces of white hard Soap, beat it in a Mortar with two small Lemmons sliced, & as much roch Allom as an hasel Nut, roul it up in a Ball; rub the stain therewith, and after fetch it out with warm water, if need bee.

4. *A sweet and delicate Pomander.*

TAke two ounces of Labdanum, of Benjamin and Storax, one ounce: Musk, six grains; Civet, six grains:

grains: Amber greese, six grains: of Calamus, Aromaticus, and Lignum Aloes, of each the weight of a groat: beat all these in a hot Mortar, and with an hot pestle, till they com to paste, then wet your hand with Rose water, and roul up the paste suddenly.

5. *To take stains out of ones hands presently.*

YOu may do this with the juice of Sorrel, washing the stained place therein.

6 *To take away spots and freckles from the face or hands.*

THe sap that issueth out of a Birch tree in great abundance, being opned in March or April, with a receiver of glass set under the boring thereof to receiv the same, doth perform the same most excel-

excellently, and maketh the skin very cleer. This sap will dissolv pearl, a secret not known unto many.

7. *A white fucus or beautie for the face.*

THe jaw bones of an Hog or Sow well burnt, beaten, and searced through a fine Searce, and after, ground upon a porphyrie or serpentine stone is an excellent fucus, being laid on with the oyl of white poppy.

8. *A delicate washing Ball.*

TAke three ounces of Orace, half an ounce of Cypress, two ounces of Calamus Aromaticus, one ounce of Rose-leavs, two ounces of Lavender flowers: beat all these together in a mortar, searcing them thorow a fine Searce; then scrape som Castil

Castil-sope, and dissolv it with som Rose-water; then incorporate all your Powders therewith, by labouring them well in a Mortar.

9. *Damask powder.*

TAke five ounces of Orace, two ounces of Cypress, two ounces of Calamus, half an ounce of Cloves, one ounce of Benjamin, one ounce of Rose-leavs, one ounce of Storax calymitum, half an ounce of Spike flowers: mix them well together.

10. *To keep the teeth both white and sound.*

OF hony take a quart, as much Vinegar, and half so much white-Wine: boyl them together and wash your teeth therewith now and then.

11. *To*

11. *To allay heat, and clear the face.*

TAke three pints of Conduit water, boyl therein two ounces of French Barley; change your water, and put in the Barley again: repeat this so long, till your water purchase no colour from the Barley, but become very clear: boyl the last three pints to a quart; then mix half a pint of white-Wine therein; and when it is cold wring the juice of two or three good Lemmons therein, and use the same for the Morphew, heat of the face or hands, and to clear the skin.

12. *The skin of a child kept white and clear.*

WAsh the face and bodie of a sucking-child with brest-Milk, or Cow-milk mixed with water,

ter every night, and the Childs skin will wax fair and clear, and will resist Sun-burning.

13. *An excellent Pomatum to clear the skin.*

WAsh Barrows greas oftentimes in May dew that hath been clarified in the Sun till it bee exceeding white, then take marsh-mallow roots, scraping off the outsides, then make thin slices of them, &, mix them, set them to macerate in a seething Balneo, and scum it well till it be thorowly clarified, and will com to rope, then strain it, and put now and then a spoonful of May dew therein, beating it till it bee thorow cold in often change of May dew: then throw away that dew, and put it in a glass, covering it with May dew: and so reserv it to your use. Let the Mallow roots be two or three dayes dryed

dryed in the ſhade before you uſe them. This I had of a great profeſſour of Art, and for a rare and dainty ſecret, as the beſt fucus this day in uſe.

14. *Another mineral fucus for the face.*

INcorporate with a wooden peſtle, and in a wooden Mortar with great labour, four ounces of ſublimate, and one ounce of Crude Mercury, at the leaſt ſix or eight hours, (you cannot beſtow too much labour herein) then, with often change of cold water, by ablution in a glaſs, take away the Salts from the ſublimate: change your water twice everie day at the leaſt, and in ſeven or eight daies (the more the better) it will bee dulcified; and then it is prepared. Lay it on with oyl of white Poppy.

15 To

15. *To take away Chilblains out of the hands or feet.*

BOyl half a peck of oats in a quart of water till they wax dry, then, having first annointed your hands with som good Pomatum, and well chafed them, hold them within the oats as hot as you may well suffer them, covering the bowl wherein you put your hands, with a double cloth to keep in the steem of the Oats. Do this three or four times, and you shall finde the effect. The same Oats will serv to be sodden with fresh water three or four times.

16. *To helpe a face that is red with Pimples.*

DIssolv common Sale in the juice of Lemmons, and with a linnen

linnen cloth, pat the patients face that is full of heat or Pimples. It cureth in a few dreſſings.

17. *Alter.*

TAke of thoſe little whelks or ſhels which ſom do call ginny money; waſh five or ſix of them, and beat them to fine powder, & infuſe the juice of Lemmons upon them, and it will preſently boyl: but if it offer to boyl out of your glaſs, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort time bee like an ointment, with which you muſt annoint the heat of Pimples on the face oftentimes in a day, till you finde help. As the ointment dryeth, put more juice of Lemmons to it. This of an outlandiſh Gentlewoman; and it is an aſſured remedy, if the heat bee not very extreme. Som have found by experience, that bathing

of

of the face with hot Vinegar every night when they go to bed, doth mightily repel the humor.

18. *Alister.*

QUilt bay-Salt well dryed and powdered in double linnen socks of a pretty bigness; let the patient wear them in wide hose and shoes day and night, by the space of fourteen daies, or till hee bee well, every Morning and Evening let him dry his socks by the fire, and put them on again.

This helped M. *Foster*, an Essex man, and an Attorney of the common Pleas within this few years, but now deceased; whose face was for many years together of an exceeding high and furious colour, of my own knowledg, and hath spent much money in physick without any success at all, untill hee obtained

this remedy. The patient must not take any wet of his feet during the cure.

2. *Aliter & optimé.*

TAke half a pound of white distilled vinegar, two new laid Egs with their shels, two spoonfuls of the flowers of Brimstone: let these macerate in the Vinegar, by the space of three daies: then take out the Egs, and prick them full of holes with a Needle, but not too deep, left any of the yolk should happen also to issue: let that liquor also mix with the Vinegar, then strain all thorow a fine cloth, and tie up the Brimstone in a cloth like a little Ball, dip this Ball in the strained liquor when you use it, and put it on the place three or four times every day: and this will cure any red face in twelv or fourteen

dayes. Som do also commend the same for an approved remedy against the Morphew. The Brimstone Ball must be kept in som close thing from the aër.

21. *To help any Morphew, Sunburning, Itch, or red Face.*

STeep two sliced Lemmons, being large and fair, in a pint of Conduit water; leav them four or five daies in infusion, covering the water: then strain the water, and dissolv therein the quantitie of an Hasel nut of sublimate (some hold a dram a good proportion to a pint of water) finely powdered, let the patient wet a cloth therein, and rub the place where the grief is every morning & evening a little, till the hiew doth pleas her. You may make the same stronger or weaker, according to good discretion.

22. *For the Morphew.*

TAke a pint of distilled Vinegar lay therein two new laid Egs whole

whole with their shels, three yellow dock roots picked and sheed, two spoonfuls of the flower of brimstone, and so let all rest three daies, and then use this liquor, with a cloth rubbing the place three or four times every day, and in three or four daies it commonly helpeth, put som bran in your cloth before you moisten your cloth therein, binding it up in form of a little ball.

This of Master Rich, of Lee, who helped himself and a gallant Ladie therewith in a few dayes.

23. *To take away the freckles in the face.*

WAsh your face in the wane of the Moon with a sponge morning and evening with the distilled water of Elder leavs, leaving the same dry into the skin. The water must bee distilled in May. This

from a Traveller, who hath cured himself thereby.

24. To cure any extream bruis upon a sore fall on the face, or any other member of the body.

PResently after the fall, make a great fire, and apply hot clothes one after another, without intermission, the patient standing neer the fire for one hour and a half, or till the swelling bee clean abated. This I know proved with good success in a Maid that fell down a pair of Stairs, whereby all her face was extreamly disfigured. Som hold opinion, that the same may bee performed with clothes wet in hot water, and then wrung out again before application. Then, to take away the changeable colours which an accustomable follow all bruises, shred the cout of a green or growing

 flower-

flower-Deluce: beat it with red Rose-water, and grind it till it com to a salv; apply the same, and in few hours it takes away all the colours: but if it lie too long, it will rais Pimples; and therefore so soon as the colours be vanished, immediately remove the salv.

25 *How to keep the teeth clean.*

CAlcine the tops and Branches of Rosemary into Ashes, then to one part thereof, put one part of burnt Allom; mix them well togerher, and with thy finger first moistned a little with thy Spittle, rub all thy teeth over a pretty while every morning till they bee clean, but not to galling of thy Gums: then sup up some fair water or white-Wine, gargling the same up and down thy mouth a

while, and then dry thy mouth with a towel. This of an honeſt Gentleman, and a painful gatherer of phyſical receipts.

26. *Sweet and delicate dentrifices, or rubbers for the teeth.*

Diſſolv in four ounces of warm water three or four Drams of Gumdragagant, and in one night this will becom a thick ſubſtance like gelly; mingle the ſame with the powder of Alablaſter finely ground and ſearced, then make up this ſubſtance into little round rouls, of the bigneſs of a Childs arrow, and four or five inches in length. alſo if you temper Roſes, or ſom other colour (that is not hurtful) with them, they will ſhew full of pleaſing veins. Theſe you may ſweeten either with Roſe water. Civet, or Musk. But if your teeth

be

bee very fealy, let som expert Barber first take off the scales with his instruments, and then you may keep them clean by rubbing with the aforesaid rouls.

And here, by those miserable experiences that I have seen in som of my neerest friends, I am inforced to admonish all Gentlewomen to bee careful how they suffer their teeth to be cleansed and made white with any *Aqua fortis* which is the Barbers usual water: for unless the same bee both well allayed, and carefully applyed, shee may happen within a few dressings to bee forced to borrow a pair of teeth to eat her dinner, unless her gums do help her the better.

17. *A delicate stove to sweat in.*

I Know that many Gentlewomen, as well for the clearing of their

skins as cleansing of their bodies doe now and the delight to sweat. For the which purpose, I have set down this manner following, as the best that ever I observed. Put into a Brass pot of som good content, such proportion of sweet herbs, and of such kinde as shall be most appropriate for your infirmitie, with som reasonable quantitie of water, close the same with an apt cover, and well lured with som paste made of Flower and whites of Eggs: at som part of the cover you must set in a leaden Pipe (the entrance whereof must also bee well lured:) this Pipe must bee conveyed thorow the side of the Chymney, where the pot standing in a thick hollow stake of a bathing tub crossed with hoops in the top, according to the usual manner, which you may cover with a sheet at your pleasure. Now, the steam of the pot passing thorow the Pipe under the half bottom of the bathing tub which must bee bored

full of big holes, will breath so sweet and warm a vapour upon your body, as that (receiving aër, by holding your head without the tub as you sit therein) you shall sweat most temperately, and continue the same a long time without fainting. And this is performed with a small Charcoal fire maintained under the pot for this purpose. Note, that the room would bee close wherein you place your bathing tub, lest any sodden cold should happen to offend you whilest your body is made open and porous to the aër.

28. *Divers sorts of sweet hand-waters, made suddenly, or ex tempore, with extracted oyles of spices.*

First, you shall understand, that wheresoever you shall draw

of the aforesaid oyls of Cinnamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon, more or less, according to the quantity which you draw at once, of excellent sweet washing water for your table, yea, som do keep the same for their broths, wherein otherwise they should use som of the same kinde of Spice.

But if you take three or four drops onely of the oyl of Cloves, Mace, or Nutmegs, (for Cinnamon oyl is too costly to spend this way) and mingle this same with a pint of fair water, making agitation of them a pretty while together in a glass having a narrow mouth, till they have in som measure incorporated themselvs together, you shall finde a verie pleasing and delightful water to wash with, and so you may alwaies furnish your selvs of sweet waters of several kindes, before such time as your guests shall bee ready to sit down. I speak not here of the

oyl

oyl of Spike, (which will extend very farr this way both becauſ every Gentlewoman doth not like ſo ſtrong a ſent, and for that the ſame is elſwhere already commended by another Author. Yet I muſt needs acknowledg it to bee the cheaper way, for that I aſſure my ſelf, there may bee five or ſix gallons of ſweet water made with one ounce of the oyl which you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAke three drams of the oyl of Spike, one dram of oyl of Thyme, one dram of oyl of Lemmons, one dram of oyl of Cloves, then take one grain of Civet and three grains of the aforeſaid compoſition well wrought together: temper them well in a ſilver ſpoon with your finger; then put the ſame into a

ſilver

Silver bowl, washing it out by little and little into the Bowl with a little Rose-water at once, till all the oyl bee washed out of the spoon into the Boul: and then do the like by washing the same out of the Boul with a little Rose-water at once, till all the sent bee gotten out, putting the Rose-water still in a glass, when you have tempered the same in a Bowl sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the Civet, then you may to every pint put one grain and a half, or two grains of Civet, to the weight of three grains of the aforesaid composition of oyls.

139. *To colour a black hair presently into a Chesnut colour.*

THis is don with oyl of Vitriol; but you must do it verie carefully, not touching the skin.

31. *A present and delicate perfume.*

LAy two or three drops of liquid Amber upon a glowing coal, or a piece of Lignum Aloes, Lignum Rhodium, or Storax.

32. *To renew the sent of a Pomander.*

TAke one grain of Civet, and two of Musk, or if you double the proportion, it will bee so much the sweeter: grind them upon a stone with a little Rose-water; and after wetting your hand with Rose-water, you may work the same in your Pomander. This is a sleight to pass away an old Pomander: but my intention is honest.

33. *How*

33. *How to gather and Clarifie May dew.*

WHen there hath fallen no rain the night before, then with a clean and large ſponge, the next morning you may gather the ſame from ſweet Herbs, graſs or Corn: ſtrain your dew, and expoſe it to the Sun in glaſſes covered with papers or parchment pricked full of holes; ſtrain it often, continuing it in the Sun, and in an hot place till the ſame grow white and cleer, which will require the beſt part of the Summer.

Som commend May-dew gathered from Fennel and Celandine, to be moſt excellent for ſore eies: and ſom commend the ſame (prepared as before) above Roſe-water, for preſerving of Fruits, Flowers, &c.

34. *Diver-*

34. *Divers excellent ſents for Gloves, with their proportions, and other circumſtances: with the manner of perfuming.*

THe Violet, the Orenge, the Lemmon, duely proportioned with other ſents, perform this well; ſo likewiſe of Labdanum, Storax, Benjamin.

The manner is this: Firſt, lay your Amber upon a few coals till it begin to crack like lime, then let it cool of it ſelf, taking away the coals; then grinde the ſame with ſom yellow Ocre, till you perceiv a right colour for a Glove: with this mixture waſh over your Glove with a little hair bruſh upon a ſmooth ſtone in every ſeam, and all over, then hang your Gloves to dry upon a line, then with Gumdragagant diſſolved in ſom Roſe-water, and ground with a little oyl de Ben, or of ſweet

ſweet Almonds upon a ſtone: ſtrike over your Gloves in every place with the Gum and oyl ſo ground together: do this with a little ſponge, but bee ſure the Gloves bee firſt thorowly dry, and the colour well rubbed and beaten out of the Glove; then let them hang again till they bee dry, which will bee in ſhort time. Then if you will have your Glove to ly ſmooth and fair in ſhew, go over it again with your ſponge, and the mixture of Gum and oyl, and dry the Glove yet once again. Then grind upon your ſtone two or three grains of good Muſk, with half a ſpoonfull of Roſe-water, and with a verie little piece of a ſponge take up the compoſition by a little and a little; and ſo lay it upon your Glove lying upon the ſtone. Prick and ſtrain your Gumdragagant before you uſe it. Perfume but the one ſide of the Glove at once, and then hang it up to dry, and then finiſh the other ſide. Ten grains of muſk will

give

give a sufficient perfume to eight pair of Gloves. Note also, that this perfume is don upon a thin Lambs leather Glove, and if you work upon a Kids skin, or Goats skin, which is usual leather for rich perfumes, then you must add more quantitie of the oyl of Ben to your Gum, and go over the Glove twice therewith.

35. *Sweet bags to lie among Linnen.*

FIll your bags only with Lignum Rhodium, finely beaten and it will give an excellent sent to your linnen.

36. *To make hair of a fair yellow or golden colour.*

THe last water that is drawn from Honey, being of a deep red colour, performeth the same excel-

excellently but the same hath a strong smell, and therefore must bee sweetned with som aromatical body.

Or elf the hair being first clean washed, and then moistned a pretty while by a good fire in warm Allom water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the bark of the Barbery tree, and so it will receiv a most fair and beautiful colour.

The Dog berrie is also an excellent berry to make a golden liquor withall for this purpose, beat your Allom to powder, and when the water is ready to seeth, dissolv it therein, four ounces to a pottle of water will bee sufficient, let it boyl a while, strain it, and this is your Allom liquor wherewith you must first prepare the hair.

37. *Haw to colour the head or beard into a Chesnut colour in half an hour.*

TAke one part of Lead calcined with Sulphur, and one part of quick lime; temper them somwhat thin with water: lay it upon the hair, chafing it well in, and let it dry one quarter of an hour, or there about; then wash the same off with fair water divers times; and lastly with sope and water, and it will be a verie natural hair colour: The longer it lyeth upon the hair, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth verie long in the hair.

Sapius experium.

FINIS.

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